






LUNCHEON

APPETIZER AND SALAD

-  **BEEF PICADILLO EMPANADA** | Salsa de Crystal
 -  **GUACAMOLE & SALSA** | with Assorted Chips
 -  **RED LEAF & FRISEE LETTUCE** | Orange Dressing, Roast Pumpkin, Radish, Crumbled Blue Cheese
- Traditional favorite dressings available plus today's specials:
Fat Free Balsamic | Low-Calorie Yogurt Honey

SOUP

SPICY CORN AND TORTILLA SOUP

Low-sodium Soups and plain Broth are available upon request

PASTA SPECIAL

TUBETTI "QUATTRO FORMAGGI" | Cream Sauce, Four Kind of Cheese

Available as Appetizer or Main Fare

MAIN FARES

- CURRIED SALMON CAKES** | Baby Spinach, Maple-Mustard-Dill Dressing, New Potatoes, Cucumber, Roasted Tomatoes & Poached Egg*
 - GRILLED LAMB SALAD*** | Crunchy Greens, Three Bean Salad, Balsamic Vinaigrette, Artichoke, Olives, Chimichurri Marinated Grilled Lamb, Goat Cheese Crostini
 - ANTICUCHO DE PESCADO E MARISCO*** | Grilled Seafood Brochettes, Corn Succotash, Fried Sweet Potato, Garlic Aioli
 - SANDWICH OF THE DAY: MEATBALL SUB** | Marinara Sauce, Sauteed Mushrooms & Peppers, Fontina Cheese, Soft Roll, Tossed Salad, Crisp Wedge Potatoes
 - CHICKEN ENCHILADAS** | Spicy Cream Sauce, Soft Tortilla, Capsicum Rice, Re-Fried Beans, Traditional Trimmings
 -  **EGGPLANT "PARMIGIANA"** | Golden Fried Eggplants Gratined with Tomato & Mozzarella Cheese, Angel Hair Pasta al Pesto, Tossed Arugula
 - HAMBURGER OR CHEESEBURGER*** | Homemade Regular or Whole Wheat Bun, Pickles, Tomatoes, Sliced Onion Rings and French Fries
- Additional Toppings:**
Applewood Smoked Bacon | Grilled Onions | Swiss, Blue or Cheddar Cheese

SIDES

STEAMED RICE | RE-FRIED BEANS | BAKED POTATO | STEAMED VEGETABLES

Upon request, dishes are available without sauce, and main courses can be served as half portions. Vegetables are also available steamed, without butter or salt.

WINE

WHITE

Sauvignon Blanc, Firestone Vineyards,
Santa Barbara County, California 2018

RED

Merlot, "C" Reserve, Crystal Cruises Vineyards &
Winery, Columbia Valley, Washington 2017

*United States Public Health Advisory: Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs increase your risk for food — borne illnesses, especially if you have certain medical conditions.

 Indicates Vegetarian selections and may include dairy products

TUESDAY, NOVEMBER 19, 2019



LUNCHEON

DESSERT

SPANISH VANILLA CAKE | Hazelnut Chocolate Sponge, Pastry Cream & Chocolate Glaze

STRAWBERRY ROULADE | White Biscuit, Strawberry Cream & Whipped Cream

ICE CREAM SUNDAE

BLACK FORREST | Cherry Garcia Ice Cream, Sour Cherry Compote, Fudge Sauce, Cherry Liquor and Whipped Cream

SUGAR-FREE DESSERT

APPLE TURNOVER | Puff Pastry & Apple Filling

ICE CREAM

VANILLA, STRAWBERRY CHEESECAKE, CHOCOLATE | your choice of Butterscotch, Mango or Chocolate Topping

FRESHLY FROZEN NONFAT YOGURT

RASPBERRY

SHERBET

POMEGRANATE

FRUIT & CHEESE

SLICED FRUITS IN SEASON

VARIETY OF FRENCH & INTERNATIONAL CHEESE | Traditional Condiments & Crackers