

# *lunch menu*

## **SOUPS & SALADS**

### **Soup of the Day \$4.95**

Made fresh daily

### **Tossed Greens Salad \$5.95**

Crisp mixed greens, tossed and topped with tomatoes, cucumbers, croutons, red onions and parmesan cheese.

cal 137 | fat 4g | chol 2mg | carbs 27g

### **Cobb Salad \$10.50**

Crisp mixed greens topped with diced turkey, ham, bacon, tomato, boiled eggs and crumbled blue cheese.

cal 407 | fat 25.5g | chol 77mg | carbs 20.25g

### **Caesar Salad Combinations \$7.75**

Crisp romaine lettuce, tossed with croutons, parmesan and our own Caesar salad dressing.

**ADD SOUP OF THE DAY \$3.50**

**ADD CHICKEN \$4.75**

**ADD BROILED SALMON \$6.50**

**ADD FLANK STEAK \$6.75**

**ADD BROILED PRAWNS \$2.25 (each)**

Plain	cal 210	fat 14.5g	chol 12mg	carbs 11g
w/Chicken	cal 410	fat 17.5g	chol 72mg	carbs 11g
w/Salmon	cal 570	fat 36.5g	chol 102mg	carbs 13g
w/Steak	cal 990	fat 51g	chol 209mg	carbs 11g
w/Ea.Prawn	cal 6	fat 1g	chol 9mg	carbs 1g

### **Oriental Chicken Salad \$10.95**

Marinated double breast of chicken served on a bed of shredded lettuce with cilantro, green onions, rice stick noodles, peanuts and our own dressing. Garnished with jicama, carrots, tomatoes and cucumber.

cal 670 | fat 22g | chol 60mg | carbs 81g

### **Cajun Spinach Salad \$11.75**

Spinach leaves, grilled cajun chicken breast, red and green peppers, red onions, pecans, bacon and gorgonzola cheese. Tossed together with fat-free raspberry vinaigrette, topped with shredded parmesan cheese.

cal 654 | fat 42g | chol 110mg | carbs 21.5g

## **SANDWICHES** All Sandwiches Served with Your Choice of Fruit Cup or French Fries

### **Classic Club \$9.75**

Tender slices of turkey breast, lettuce, tomato, bacon, avocado, and Swiss cheese on a toasted triple-decker.

cal 627 | fat 28g | chol 90mg | carbs 92g

### **Tuna Melt \$8.25**

Tuna salad grilled with cheddar cheese, sandwiched between wheat bread.

cal 550 | fat 30g | chol 74mg | carbs 37g

### **Bacon Cheeseburger \$9.75**

Fresh ground beef, broiled to perfection and topped with cheddar cheese and smoked bacon on a bun with lettuce, tomato and onion.

cal 938 | fat 54g | chol 202mg | carbs 58g

### **Portobello Mushroom Burger \$8.25**

Portobello mushroom served on a wheat bun with tomato, roasted red pepper, lettuce, red onion and pepper jack cheese.

cal 395 | fat 11g | chol 25mg | carbs 67g

### **Turkey Burger \$8.75**

Burger made from ground turkey, grilled, and served on a whole wheat bun. Garnished with lettuce, tomato and red onion.

cal 561 | fat 17g | chol 130mg | carbs 54g

### **Steak Sandwich \$12.75**

Angus tri-tip steak sandwich broiled to perfection on cheese focaccia, topped with caramelized onions and tomatoes.

cal 689 | fat 29g | chol 182mg | carbs 41g

## **MAIN COURSES**

### **Chicken Quesadilla \$9.75**

Chicken, onions and peppers sautéed then layered between two large flour tortillas with cheese. Served with sour cream, guacamole and salsa fresca.

cal 885 | fat 35g | chol 131mg | carbs 71g

### **Chicken Teriyaki \$11.50**

Marinated double breast of chicken broiled to perfection and topped with green onions, mushrooms and teriyaki sauce. Served with steamed rice and vegetables.

cal 581 | fat 3.4g | chol 60mg | carbs 36g

### **Cajun Seafood Pasta \$11.25**

Bay shrimp, scallops, broccoli florets sautéed with linguine and mild cajun cream sauce. Topped with shredded parmesan cheese and diced tomatoes.

cal 969 | fat 49g | chol 280mg | carbs 94g

### **Broiled Salmon \$13.95**

6-oz. Filet of salmon, broiled and served on a bed of broiled vegetables and baby bok choy, topped with steamed spinach and feta cheese. Served with cucumber dill sauce.

cal 476 | fat 30g | chol 110mg | carbs 48g

### **Vegetarian Quesadilla \$9.50**

An array of broiled vegetables layered between two flour tortillas with melted cheese. Served with salsa fresca, sour cream and guacamole.

cal 632 | fat 27g | chol 53mg | carbs 88g

## **DESSERTS**

Ice Cream.....	\$3.75
Hot Apple Pie.....	\$4.75
...a la Mode.....	\$5.75
Ice Cream Sundae.....	\$4.75
Featured Cakes.....	\$6.75
Chef's Specialty Cheesecake.....	\$6.95

## **DRINKS**

Coffee.....	\$3.00
Milk.....	\$2.75
Hot Tea.....	\$3.00
Iced Tea.....	\$2.75
Sparkling Water.....	\$2.75
Spring Water.....	\$2.75
Soda.....	\$2.75

