

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

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

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

Steak Sandwich \$12.75

Angus tri-tip steak sandwich broiled to perfection on cheese foccacia, 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

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

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

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**

