

# winter.

## STARTERS

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### HOUSE SALAD 8 PTS

Baby Mixed Greens with Cucumber, Carrots, Tomatoes & House Made Vinaigrette.

### CLASSIC CAESAR 8 PTS

Romaine Lettuce, Parmesan Cheese, Herbed Croutons & House Made Caesar Dressing.

### SOUP 6 PTS

Potato Leek Soup | Soup of the Day

## SIGNATURE SALADS

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### WINTER HUMMUS SALAD 10 PTS

Shaved Romaine & Brussel Sprouts with Red Wine Vinaigrette, Hummus, Soft Boiled Egg & Pepitas.

### CURRIED CASHEW CHICORY SALAD 10 PTS

Winter Chicories, Shaved Black Radish, Curried Candied Cashews & Ginger Vinaigrette.

### COBB SALAD 16 PTS

Chopped Iceberg Lettuce, Grilled Chicken, Tomatoes, Avocado, Egg, Blue Cheese Crumbles, Scallion, & Bacon w/ 1000 Island Dressing.

### CHINESE CHOP SALAD 12 PTS

Romaine Lettuce, Shredded Cabbage, Mandarin Oranges, Avocado, Crispy Fried Wontons, Spicy Peanuts, and Sesame Vinaigrette.

### ADD PROTEIN

Grilled Chicken, Crispy Chicken, Grilled Beef Patty, Tuna Salad 6 PTS

Ora King Salmon Fillet or Sauteéd Shrimp 8 PTS

## SIDES 5 PTS

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**GARDEN** Broccoli, Cauliflower, Peas, Carrots, Asparagus, Spinach, Green Beans, Squash, Fresh Fruit.

**STARCH** Potato Chips, French Fries, Potato Salad, Sweet Potato Fries, Onion Rings, Brown Rice.

**ADD ON** Avocado, Bacon, Fried Farm Egg, Hard Boiled Egg.



# heart healthy.

## STARTERS

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**CHILLED TOMATO GAZPACHO SOUP** 6 PTS

**MEDITERRANEAN QUINOA SALAD** 10 PTS

Chopped Cucumber, Red Bell Pepper, Olives, Chickpeas, Red Onion, Fetta Cheese, Fresh Oregano, Olive Oil & Vinegar.

## SIGNATURE ENTRÉE

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**GRILLED FISH TACOS** 20 PTS

Pineapple Salsa & Avocado with Black Bean & Corn Salad.  
Garnished with Lime Wedges and Cilantro.

## DESSERT

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**STRAWBERRY SWIRL ICE CREAM** 4 PTS

Blue Bunny Low Fat Ice Cream. *5g of Sugar – No Sugar Added*

**CHOCOLATE LAYER CAKE** 7 PTS

Zero Sugar Chocolate Cake with Chocolate Frosting Served  
with Lightly Sweetened Whipped Cream and Fresh Berries.

*\* Menu Changes Weekly, Always Low Sodium, Healthy Fats, & Low Sugar*

