

today

starter cream of sun ripened tomatoes
served with herb croutons

♥ tropical fruits
marinated with lime juice and a touch of tequila

fried chicken tenders, marinated cucumber and lettuce
served with a zesty honey mustard sauce

heart of iceberg lettuce
blue cheese, thousand island, ranch, balsamic vinaigrette or french dressing

beef and barley soup with diced root vegetables

♥ gazpacho andalouse
chilled tomato broth with diced tomatoes
peppers, cucumbers and mediterranean herbs

didja (as in did you ever ...)
food you always wanted to try, but did not dare

* cured salmon and candied tomato
dill cream, stewed apples and grapes in lemon dressing

main pan seared fillet of tilapia
green pea fondue, vichy carrots, mac 'n cheese

sweet and sour shrimp
shrimp in a tangy sweet and sour sauce served
with scallion, garlic and fried rice

♥ chicken à la grecque on whole wheat pasta
broiled boneless chicken breast with herbs and tomato confit
virgin olive and basil oil

linguini with italian sausage, bell peppers and mushrooms
served with freshly grated parmesan cheese (also available as a starter)

♥ grilled tofu steak
vegetarian entree; served with scallion and cured tomato stir fry

**from our
comfort kitchen** tender braised beef brisket in gravy
served with roasted vegetables and mashed potatoes

♥ denotes healthy options which are low in fat, cholesterol and sodium