

today

starter

prosciutto ruffles
thinly sliced italian ham and sweet melons

smoked chicken quesadilla
mild guacamole, tomato, cilantro salsa and sour cream
flour tortilla and field greens

french onion soup
baked with a slice of homemade bread
freshly grated swiss and parmesan cheese

black bean soup
served with steamed rice and a touch of sour cream

chilled cucumber soup with dill

♥ chopped handpicked field greens
blue cheese, thousand island, ranch, balsamic vinaigrette or french dressing

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

♥ a study in sushi
* seared tuna, ebi shrimp, and atlantic salmon tartar, soy sauce

main

penne mariscos
pasta tossed with shrimp, calamari, scallops and mussels in a tomato cream sauce
topped with grilled salmon (also available as a starter)

♥ chicken sicilian style
stewed potatoes and crisp garlic seasoned green beans

jerked pork loin
slowly roasted center cut pork loin, marinated in island spices and herbs
fried rice and crisp garlic seasoned green beans

baked meatloaf with gravy
creamy mashed potatoes with cheddar cheese

braised style short ribs from aged premium american beef
sesame eggplant and fried rice

baked herb polenta
vegetarian entrée; served with a ragout of wild mushrooms

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