

Healthy Choice

Seared Scallops with Fruit Salsa ... 10

Calories 172, Saturated Fat 0.4g, Sodium 579mg, Cholesterol 40mg,
Total Carbohydrates 11.5g

Fettuccini with Creamy Red Pepper Feta Sauce ... 10

Calories 380, Saturated Fat 3.4g, Sodium 336mg, Cholesterol 17mg,
Total Carbohydrates 57.5g

Vegan California Marinated Salad ... 10

Calories 80, Saturated Fat 0g, Sodium 100mg, Cholesterol 0mg,
Total Carbohydrates 13g

Deli Sandwich Selection

All sandwiches are served with lettuce, tomato, mayonnaise and a pickle spear
Choice of french fries or chips

Choice of Sandwiches 5.5

Ham, Turkey, Roast Beef, Tuna Salad, Chicken Salad, Ham Salad or Egg Salad
Swiss Cheese, American Cheese or Cheddar Cheese
White, Whole Wheat, Rye, Pumpernickel, Sour Dough or Oat Bran

Turkey Burger 7

Hamburger 7

Hot Dog 4.5

Club Sandwich 7.5

Turkey, Ham, Roast Beef, American
cheese, Swiss cheese, Bacon,
Lettuce, Tomato and Mayonnaise

Healthy Choice Menus follow the Heart-Check Meal Certification
Program Nutritional Requirements

Tuesday's Menu

ORDERING OFF THIS MENU EQUALS 15 CREDITS

Starters

Choice of Two

Pasta Fagioli

White beans with pasta, onion and diced tomato in a rich broth
Cup 2.5

Chicken Noodle Soup

Chicken with carrots, celery and onion in a chicken broth with noodles
Cup 2.5

Jicama and Mandarin

Orange Salad 3
Topped with scallions, cilantro and pomegranate seeds

House Salad 3

Lettuce, tomato, carrots, cucumbers and broccoli with choice of dressing

Caesar Salad 3

Romaine lettuce with Caesar salad dressing, Parmesan cheese, tossed with homemade croutons and anchovies

Entrées

Choice of One

Veal Scallopini 10

Thinly pounded veal, floured and sautéed, finished with white wine and lemon juice

Chicken Florentine 8

Boneless breast of chicken, floured, sautéed and topped with a spinach cream sauce

Fish of the Day Market Value

Ask your server for today's freshly selected fish and its preparation: it may be steamed, sautéed, broiled, grilled or fried

Reuben Sandwich 7.5

Corned beef, sauerkraut, Swiss cheese and thousand island dressing on grilled rye bread

Accompaniments

Choice of Two

Roasted Asparagus and Mushrooms 2

with Everything Bagel Seasoning

Roasted Sweet Chili Cauliflower 2
Spinach 2

French Fries 2

Parmesan Potato Wedges 2

Mashed Potatoes 2

Baked Sweet Potato 2

Baked Potato 2

Dessert of the Day

Plain Cheesecake 3

Premium Upgrades

Maine Lobster Tail

Split and Served with Butter and Lemon
2 Tails = 28 1 Tail = 15

Certified Angus Filet Mignon

Cooked to your Specifications
7 oz = 24

A La Carte pricing is used for lite meals

SMALLER PORTIONS AVAILABLE FOR 20% DISCOUNT