

## ***Dinner Seasonal Healthy Living Entrees***

*Recipes created specifically to follow healthy & balanced nutritional principles. Made with lean meats & seafood, good carbs and heart friendly olive & vegetable oils.*

### ***Broiled Tilapia with Mango Salsa \$15.95***

*Tilapia filet broiled and topped with a fresh mango salsa, served with steamed vegetables & a side salad*

### ***Grilled Chicken & Spinach Salad \$13.50***

*Grilled chicken breast over a bed of baby spinach with egg whites, goat cheese, peppers & red onion in a light raspberry vinaigrette*

### ***Chicken Breast Cabernet \$14.95***

*Chicken breast with snow peas, mushrooms & onions in a red wine sauce, served with steamed vegetables & a side salad*

### ***Portobello with Whole Wheat Penne \$12.95***

*Whole wheat penne pasta with Portobello mushroom, artichoke hearts & spinach in a light tomato sauce, served with a side salad (with chicken add \$2, with shrimp add \$5)*

### ***Teriyaki Shrimp over Brown Rice \$17.50***

*Shrimp with broccoli, snow peas, onions & mushrooms sautéed in a ginger teriyaki sauce, served over brown rice and with a side salad*

### ***Mustard Vinaigrette Salmon \$16.95***

*Sautéed salmon filet with diced peppers and onions in a mustard vinaigrette sauce, served with vegetables steamed in white wine sauce & a side salad*

### ***Spinach Salad \$12.95***

*Grilled chicken breast over a bed of baby spinach, with goat cheese, pecans, cherry tomatoes & red onion in a light raspberry vinaigrette*

### ***Lemon Pepper Penne \$12.95***

*Whole wheat penne pasta with peppers, onions, artichoke hearts & baby spinach in a lemon white wine sauce, served with a side salad (with chicken add \$2, with shrimp add \$5)*

<p><b>Catering For All Occasions - Please Ask to See our Catering Menu</b> <b>Sunday Brunch - With Unlimited Bloody Marys, Mimosas &amp; Screwdrivers</b> <b>Gift Certificates Available - Ask Your Server</b></p>
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## **Lunch Seasonal Healthy Living Entrees**

*Recipes created specifically to follow healthy & balanced nutritional principles. Made with lean meats & seafood, good carbs and heart friendly olive & vegetable oils.*

### **Broiled Tilapia with Mango Salsa \$14.50**

*Tilapia filet broiled and topped with a fresh mango salsa, served with steamed vegetables & a side salad*

### **Grilled Chicken & Spinach Salad \$11.50**

*Grilled chicken breast over a bed of baby spinach with egg whites, goat cheese, peppers & red onion in a light raspberry vinaigrette*

### **Chicken Breast Cabernet \$11.95**

*Chicken breast with snow peas, mushrooms & onions in a red wine sauce, served with steamed vegetables & a side salad*

### **Portobello with Whole Wheat Penne \$10.50**

*Whole wheat penne pasta with Portobello mushroom, artichoke hearts & spinach in a light tomato sauce, served with a side salad (with chicken add \$2, with shrimp add \$5)*

### **Teriyaki Shrimp over Brown Rice \$14.95**

*Shrimp with broccoli, snow peas, onions & mushrooms sautéed in a ginger teriyaki sauce, served over brown rice and with a side salad*

### **Spinach Salad \$10.95**

*Grilled chicken breast over a bed of baby spinach, with goat cheese, pecans, cherry tomatoes & red onion in a light raspberry vinaigrette*

### **Lemon Pepper Penne \$10.50**

*Whole wheat penne pasta with peppers, onions, artichoke hearts & baby spinach in a lemon white wine sauce, served with a side salad (with chicken add \$2, with shrimp add \$5)*

<p><b>Catering For All Occasions - Please Ask to See our Catering Menu</b> <b>Sunday Brunch - With Unlimited Bloody Marys, Mimosas &amp; Screwdrivers</b> <b>Gift Certificates Available - Ask Your Server</b></p>
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