

ENTRÉE

STIR FRY MEDLEY

Your choice of beef, chicken or shrimp in any combination or one by itself, tossed with an array of vegetables & water chestnuts, hoisin, soy and teriyaki sauces, served with a vegetable spring roll.

GRILLED SIRLOIN

Aged prime sirloin, grilled to your liking and finished with peppers, onions, and garlic, in a rich brown sauce.

SIMPLY SOLE

Delicate sole filets either baked with butter, sautéed with flour & egg or poached in court bouillon.

CITRUS SALMON

Boneless salmon filet, grilled and finished with an orange scented Hollandaise.

MANICOTTI MARINARA

Ricotta filled pasta shells, bathed in grandma's marinara sauce finished with mozzarella cheese, and served with meatballs.

RACK OF LAMB

New Zealand lamb rack, grilled as you wish and finished with a brandy peach jus Lie.

ROASTED CHICKEN

Your choice of white or dark meat, grilled and finished with a mushroom port wine sauce.

HEART HEALTHY PLATE

Blanched whole wheat rotini pasta, tossed with broccoli, tomatoes, garlic, shallots, herbs, and grilled chicken breast, served in a light chicken veloute.

Heart healthy

All menu items are prepared with non hydrogenated oils with No Trans Fats. Some dishes are available in half portions please ask your server.

STARCHES

Please choose one to accompany your entrée

WHIPPED POTATOES

FRENCH FRIES

BAKED SWEET POTATO

SWEET POTATO FRIES

RICE PILAF

BAKED POTATO

ANGEL HAIR PASTA

RICE NOODLES

QUINOA COUS COUS BLEND

VEGETABLES

Please choose one to accompany your entrée

VEGETABLE DU JOUR,

SPINACH,

STEAMED CARROTS,

ASPARAGUS,

SAUTEED BRUSSEL SPROUTS