

## APPETIZERS AND SOUPS

Smoked Salmon Nest with Pumpernickel Bread  
Cream of Chicken Soup with Toasted Almonds  
Hearty Vegetable Soup  
Fresh Fruit Cocktail  
Juices: Tomato, Apple, Orange and Cranberry

## SALADS

**Greek Salad with Romaine Lettuce**  
Cucumber, Red Onions, Black Olives, Feta Cheese and Greek Dressing

**Classic Caesar Salad**  
Romaine Lettuce with Parmesan Cheese, Bacon Bits, Croutons and Caesar Dressing

**Cole Slaw**  
Shredded Cabbage and Carrots with Poppy Seed and Mayonnaise Dressing

**Crudités with Onion or Ranch Dip**  
Celery and Carrot Sticks, Cauliflower, Broccoli and Peppers

## DRESSINGS

**House:** Raspberry Balsamic  
**Regular :** Catalina, Thousand Island, Blue Cheese, Honey Mustard, Oil and Vinegar  
**Light:** French, Italian, and Ranch

## VEGETARIAN AND VEGAN ENTRÉES

**VEGAN - Mushroom Stroganoff on Fettuccine**

**Spinach Mushroom Goat Cheese Quiche**  
with Marinara Sauce

**Vegetable Pizza**  
Pizza with Fresh Vegetables and Pizzaiola Sauce  
Topped with Goat, Mozzarella or Blue Cheese

**Fresh Fruit Plate**  
with choice of Sherbet, Cottage Cheese or Yogurt

## CHILDREN'S MENU

Please ask your server. All entrées from menu are available in child sized portions.

## ENTRÉES

All entrées are available in smaller adult sized portions.  
\*Indicates Lighter Fare \*\*Indicates Spicy Fare.  
Sauce can be served on the side upon request.

**Roasted Loin of Pork**  
with Poached Plums and Baked Potato

**Roasted Chicken Breast wrapped in Prosciutto Ham**  
with Figs and Port Sauce served with Jasmine Rice

**\*Spa Chicken Breast**  
On a Bed of Fresh Vegetables with Jasmine Rice

**Chargrilled Rib Eye Steak**  
Served with a Mushroom, Onion Hunter Sauce and a Baked Potato

**\*\*Pescatore Pasta with Shrimps, Scallops and Mussels**  
in a Spicy Arrabiata (Tomato) Sauce on Fettuccine Noodles

**Salmon Finocchio**  
with Leeks, Tomato and Fennel on a bed of Spinach with Jasmine Rice

**Greek or Caesar Salad with Steak Strips or Salmon**  
with your choice of Dressing

## DESSERTS

*Specialties of the Day*

**"Fern Guests' Favourite" Peanut Butter Pie drizzled with Chocolate**

**White Chocolate Cheese Cake**

**Diet Cake of the Day - Diet Mousse - ask Server for flavours**  
**Cheddar Cheese with Crackers (and/or rice crackers) and Cantaloupe**  
**Jell-O and Cookies, Cream Pudding - ask Server for flavours**

**Assorted Fresh Fruit Plate**

**Sundaes - Chocolate, Butterscotch and Strawberry**  
**Ice Cream - Vanilla or Chocolate**

**Frozen Yogurt**

**Orange Sherbet**

**Freezie Pops - ask Server for flavours**

## BEVERAGES-REGULAR AND DECAFFEINATED

Coffee, Orange Pekoe Tea, Assorted Herbal Teas  
**CAPPUCCINO and ESPRESSO COFFEE \$3.50**

Milk, Chocolate Milk, Iced Tea, Lemonade, Apple Juice  
Coke, Diet Coke, Sprite, Ginger Ale, Root Beer

*- Enjoy Your Evening -*