

## APPETIZERS AND SOUPS

Smoked Salmon Nest with Pumpernickle Bread  
Soup De Jour (Soup of the Day)  
Hearty Vegetable Soup  
Fresh Fruit Cocktail  
Juices: Tomato, Apple, Orange and Cranberry

## SALADS

### Classic Caesar Salad

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

### Chef's Salad

Mixed Greens with Tomato, Cucumber, Carrot, Red Onion, Celery,  
Radishes and Garlic Croutons with your choice of 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 - Braised Collard Greens

with Cannellini Beans and Tomato

### Pasta Primavera

with a White Wine Cream 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.

### Chargrilled Lamb Medallions

Served with Mint and Red Pepper Jelly and Rosemary Wedge Roasted Potatoes

### Roast Breast of Chicken with Sage Dressing

& Cranberry Sauce with Rosemary Wedge Potatoes or Jasmine Rice

### Chargrilled Rib Eye Steak

with Onion Rings and Rosemary Wedge Roasted Potatoes

### Poached Salmon with Chives Hollandaise

served with Jasmine Rice

### \*Spa Chicken Breast

on a bed of Fresh Vegetables with Jasmine Rice

### Seafood Pasta

with White Wine Cream Sauce

### Chef's Salad with Strips of Rib Eye Steak or Spa Chicken

with your choice of Dressing

## DESSERTS

### Specialties of the Day

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#### Dessert Tray or Sundaes

your choice of Chocolate, Butterscotch or Strawberry

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

#### Assorted Fresh Fruit Plate

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 -