

STARTERS

Chicken Vegetable Pasta Soup
Hearty Vegetable Soup
Fresh Fruit Cocktail
Juices: Tomato, Apple, Orange and Cranberry

ENTRÉES

Grilled Salmon on Linguine
with Roasted Red Pepper and Pesto Sauce

****Spicy Chicken Souvlaki on Skewers**
with Rice and a Tomato Salad

Greek Salad with Chicken Strips or Salmon
Romaine Lettuce, Cucumber, Red Onions,
Black Olives, Feta Cheese & Greek Dressing

SANDWICHES*WRAPS*BURGERS*HOT DOGS

Baby Shrimp Salad on a Wrap or Croissant
Baby Shrimp mixed with Scallions, Tomato, Lettuce and Mayonnaise

Egg Salad Sandwich on Multi-Grain Bread
or a Wrap with Lettuce and Diced Tomato

Hot Corn Beef on Rye
with Spicy Mustard and Dill Pickle

Chargrilled Hamburger - Plain - Cheese - Bacon and Cheese
Served with Tomato, Lettuce, Red Onion, Mustard, Relish and Mayonnaise

Broiled Hot Dog on a Bun
with Relish and Mustard

CHILDREN'S MENU

Please ask your server.
All luncheon items from this menu are available in child sized portions.

- Enjoy Your Afternoon -

VEGETARIAN AND VEGAN ENTRÉES

VEGAN - Veggie and Dumplings

Linguine & Roasted Red Peppers
with Pine Nuts, Grilled Vegetables and Pesto Sauce

Fruit Salad Plate
with choice of Sherbet, Cottage Cheese or Yogurt

Veggie Burgers and Hot Dogs
with Lettuce, Tomato, Onions and Pickles

LUNCHEON SIDE DISHES

French Fries - Tossed Salad - Fruit Cocktail - Saratoga Chips
Carrot and Raisin Salad - Cottage Cheese - Cole Slaw - Fruit Yogurt

CHOICE OF DRESSINGS

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

DESSERTS

Specialties of the Day

Apple Raisin Strudel

with Warm Custard Sauce

Chocolate Crêpes topped with Whipped Cream

Drizzled with Fudge Sauce

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

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