

STARTERS

Fish Chowder with Clams & Seafood
Hearty Vegetable Soup
Fresh Fruit Cocktail
Juices: Tomato, Apple, Orange and Cranberry

ENTRÉES

Pork Parmesan on Linguine with Marinara Sauce
or served on a Bun with Tomato and Lettuce

****Southwestern Stir Fry with Spicy Chicken**
Sautéed sweet Bell Peppers and Spanish Onions and Black Beans with Salsa on Rice
or served in a Wrap

Baby Shrimp with Hearts of Palm, Olive Slices and Asparagus Al Dente
Lettuce, Sesame Seeds, Chow Mein Noodles, Almonds and Cantaloupe Chunks
with your choice of Dressing

SANDWICHES*WRAPS*BURGERS*HOT DOGS

Philly Cheese Steak on a Hoagie
Grilled Steak Strips, Onions and Peppers with Mozzarella Cheese

Tuna Salad Melt on a Toasted Croissant
with Green Onions, Celery and Melted Sharp Cheddar Cheese

Prosciutto Ham, Brie & Pear Grilled Sandwich
on Multi-Grain Bread or Wrap

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 - Chili Con Veggie on Rice

Grilled Asparagus, Red Peppers and Provolone
on Multi-Grain Bread

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

Banana Spice Cake
topped with a Royal Crème Icing
Chocolate Brownie with Ice Cream
Drizzled with Hot 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.