

ALASKA COD FILLET WITH KALE PESTO AND TOMATO JAM

Steamed wild caught Alaskan cod brushed with kale pistachio pesto, topped with tomato jam. Served over spiral cut vegetables.

GRILLED ATLANTIC SALMON WITH GREEK RELISH

Grilled fresh salmon fillet topped with tomato, olive, feta relish. Brown rice and Chef's vegetable.

GRILLED TERIYAKI SHRIMP SKEWER WITH CRISPY EGGROLL

Grilled shrimp brushed with teriyaki glaze. Crispy vegetable eggroll, brown rice and sweet chili sauce.

* FIVE SPICE AHI TUNA WITH AVOCADO WASABI VINAIGRETTE

Spice rubbed tuna fillet grilled. Served medium with mango pepper tartar Brown rice pilaf and Chef's vegetable.

BAKED SCALLOPS WITH CRISPY PANKO

Bay scallops rolled in seasoned panko and baked. Served with Chef's vegetable.

VEGAN HARVEST SQUASH FILLED WITH TEMPEH AND PEARS

Roasted acorn squash with wild rice, fresh pears, walnuts, dried cranberries and herbs.

VEGAN CHICKPEA BOLOGNESE

Chickpeas, carrots and mushrooms simmered with tomatoes and fresh herbs. Served over whole wheat pasta. Gluten free pasta available on request.

VEGAN CHICKPEA CURRY

Chickpeas, onions, carrots and bell peppers simmered in curry coconut milk. Served over brown rice.

GLAZED VEGAN LENTIL WALNUT APPLE LOAF

Lentils, walnuts, vegetables, and raisins. Baked with tomato balsamic maple glaze. Brown rice and green beans.

VEGAN BEYOND MEAT BURGER

Vegan patty made from garbanzos and pea protein. Grilled, served on toasted bun. Lettuce, tomatoes, pickles and choice of side.

IN ADDITION TO THE CHEF'S VEGETABLE SELECTION OF THE DAY:


Spinach, Corn, Green Beans, Green Peas, Spaghetti Squash


OLD FAVORITES


* 1/3 pound Angus Burger Grilled Reuben All Beef Hot Dog Poached or Grilled Chicken Breast Veggie Burger
Cobb Salad Omelet

All served with your choice of Chips, French fries, Cole slaw or Cottage cheese.

* Please be advised that eating rare or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

 Indicates recipes containing nuts.

 Indicates recipes containing wheat products. Not gluten-free.

 Recipes have less than 15g fat / 100mg cholesterol / 600mg sodium