

# today

**starter**♥ seasonal fruit platter  
served with low fat cottage cheese or sherbet of the day

jamaican red bean soup  
cooked with vegetables, smoked pork, seasoned the old fashioned way

chilled curried apple soup

♥ medley of garden and field greens  
choice of dressing

**main**♥ chicken caesar salad  
crunchy romaine lettuce tossed with our caesar dressing  
topped with marinated grilled chicken breast

oven fresh focaccia  
filled with arugula, roasted peppers and marinated fresh mozzarella cheese

spinach and ricotta cheese ravioli  
tossed with mushroom cream sauce, freshly grated parmesan cheese

fish 'n chips  
tender, batter fried fish fillets served with tartare sauce,  
malt vinegar, coleslaw and french fried potatoes

barbecued baby back ribs  
served with baked beans and oklahoma fried potatoes

create your own burger  
freshly grilled lean beef burger on toasted sesame bun with crisp shoestring potatoes  
american cheddar cheese, sautéed onions, bacon, guacamole, sautéed mushrooms  
chili con carne, pick your choice of topping

**dessert**♥ lemon mousse  
lower in calories and sweetened with sugar substitute

german chocolate cake

cinnamon bread pudding chantilly

ice coupe "belle helene"  
vanilla ice cream with poached pear, chocolate sauce and whipped cream

ice cream & sherbets  
vanilla, chocolate, strawberry, orange, pineapple

♥ denotes healthy options which are low in fat, cholesterol and sodium