

today

starter antipasto
selection of popular italian appetizers

old fashioned german lentil soup

♥ chilled orange sory
chilled orange soup with tapioca pearls

♥ medley of garden and field greens
choice of dressing

main ♥ neptune's chef salad
hearts of iceberg lettuce, greenland baby shrimps, poached ocean scallops
alaskan snow crab meat and fresh pacific salmon, garnished with
tomato wedges and watercress, served with your choice of dressing

oven fresh whole wheat baguette filled with:
shredded lettuce, sliced tomato and creamy tuna salad

hay and straw
egg fettuccini and spinach fettuccini
tossed in tomato sauce with sundried tomatoes, garlic and basil
freshly grated parmesan cheese

pan fried fillet of idaho rainbow trout almondine
golden butter and toasted almond slivers

chinese pepper steak
stir fried lean beef, peppers, onions and pineapples
sprinkled with toasted sesame seeds and served with steamed rice

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 ♥ gingerbread cake
lower in calories and sweetened with sugar substitute

apple hollander

♥ tropical fruit terrine

chocolate sundae
vanilla ice cream, chocolate sauce, whipped cream and toasted almonds

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

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