

# today

**starter** \* california roll  
japanese rice, avocado, crab meat and cream cheese, rolled in dried seaweed  
served with wasabi horseradish and a light soy dip

caribbean pepper pot  
island flavored soup with yams, okra, pepper, coconut and cilantro

chilled avocado soup  
garnished with diced tomatoes

♥ medley of garden and field greens  
choice of dressing

**main** ♥ mongolian steak salad  
\* mixed garden and field greens tossed in oriental dressing  
garnished with sliced marinated grilled top sirloin steak and toasted sesame seeds

oven fresh, french baguette  
filled with romaine lettuce, marinated shrimp and crab meat

spaghetti zia teresa  
tossed in italian tomato sauce, topped with fresh mushrooms and meat balls  
freshly grated parmesan cheese

♥ pan fried fillet of king clip nicoise  
\* diced tomatoes, olives, bell peppers, garlic and virgin olive oil

vegetable fajitas  
warm soft tortillas, served with onions, peppers, pico de gallo  
guacamole, sour cream and cheddar cheese

\* 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** ♥ strawberry banana mousse  
lower in calories and sweetened with sugar substitute

chocolate gateau

crème caramel

ice coupe "black forest"  
chocolate ice cream, bing cherries, raspberry sauce, whipped cream

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

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

\* public health advisory: consuming raw or undercooked meats, poultry,  
seafood, shellfish, or eggs may increase your risk for foodborne illness,  
especially if you have certain medical conditions.