

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

* 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.