Soups & Starters

Moroccan Lentil-V-GF
OC Chicken Bone Broth-LS-GF
Cream of Mushroom w/Tarragon–V-GF
(Sodium: LS = 100-120 mg, Reg = 220-420mg)
Chilled Juices

Fresh Sliced Orange Segments

Salads

Fresh Garden Salad

Greek Salad – Tomato, Cucumber, Red Onion, Capers, Kalamata Olive, Feta Cheese – Red Wine Vinaigrette
Wedge of Iceberg

Dressings – Bleu Cheese, Russian, Ranch, Balsamic Vinaigrette
Fat-Free Dressings – Italian, Honey Mustard, Creamy Italian, Raspberry Vinaigrette

Sides

Steamed Broccoli

Wilted Spinach w/Tomato, Golden Raisins & Pine Nuts
Roast Sweet Potato Wedges

Spaghetti w/ Roast Tomato-Almond Pesto - D
Baked Potato, White Rice, Fries

Peas & Carrots

Special Today

Pommegranate-Merlot Lamb Shank
Braising solution of merlot, pommegranate juice, chicken stock, honey, red wine vinegar, garlic, onion, thyme, cinnamon, cumin & all spice. GF

Seared Salmon w/Orange-Ginger Glaze
Glaze of OJ, honey, ginger, light soy & sherry. GF

Chicken Parmigianna - D
Thiny sliced chicken breast lightly breaded then fried golden – baked in house basil-marinara w/Mozzarella crust.

Baked Scrod Orchard Cove
Topped w/olive oil & paprika seasoned panko crumbs.

Spaghetti w/ Roast Tomato - Almond Pesto - D - V
Tossed in a puree of olive oil, garlic, basil, almonds, tomato sauce, roasted tomato, parmesan & red pepper flake.

Greek Salad - D
Dice tomato, cucumber, red onion, capers, kalamata olive tossed in a vinegrette of olive oil, red wine vinegar, and oregano.
Served over crisp greens and finished with feta cheese – GF – Add Seared Salmon

Always Available

Today’s Fish–Broiled w/Lemon or Poached
Grilled Chicken Breast
Omelet – Cheese or Sautéed Vegetables
Angus or Veggie Burger w/Sautéed Onions
All Beef Kosher Frank w/Sauerkraut

Vitality 360
Items that have no added salt, fat, or sugar

Spaghetti w/ Roast Tomato-Almond Pesto-D

Before placing your order, please inform your server if a person in your party has a food allergy. Consuming raw or undercooked eggs, meat, fish & shellfish may increase the possibility of food borne illness. 3-4 (Tuesday)