- ALL DAY EVERY DAY -

SOUPS AND SALADS
Borscht Soup (based on availability)
Chicken Broth
Caesar Salad
House Salad
All salads are appetizer size. If you would like an entrée size salad please ask your server.

## Eggs

Two eggs any style with tomatoes
\& choice of bread \& side
Regular or Egg White Omlette
Plain, Cheese, Mushroom, Caramelized Onion, Peppers, Tomato

Lox \& Bagel Platter
Smoked Atlantic salmon, red onions \& cream cheese, served with toast/bagel, choice of side
今Ồ Tuna/Egg/Salmon Salad
Served as a sandwich on choice of bread and side
GF Grilled Cheese
Served on your choice of bread with a kosher dill pickle, choice of side
Cheese Blintzes
Served with Fruit Compote \& Sour Cream

- GF Cottage Cheese Fruit Plate

Served with choice of bread and house salad
OGrilled Veggie Pattie
Crumbled Feta, Tomato \& Onion Relish in a Lettuce
Cup with a Zesty Mayo
(1) Greek Salad

Crispy Iceberg Lettuce Topped with Kalamato Olives, Red Onion, Diced Tomato and Cucumbers and Feta Cheese, Served with a Creamy Greek Dressing

## GF Steamed Jumbo Beef Hot Dogs

Served with Cole Slaw and French Fries
Dressing Choices: French, Caesar, Thousand Island, Italian, Balsamic Vinaigrette
Bread: White, Rye, Whole Wheat, or Challa
Sides: Fresh-cut French fries, house salad, or pickled vegetables

## - DINNER ENTRÉES -

GF Filet of Trout
Pan seared \& served with lemon \& tartar sauce
OWhole Wheat Penne Aribiata
Tossed in a Tangy Tomato Sauce,
Ricotta Cheese, Red Onion and Balsamic Reduction

## - Grilled Chicken Breast

Marinated Chicken Breast served with
a Light BBQ Glaze

- Korean Noodle Bowl

Chicken or Tofu, Nappa Cabbage, Carrot and Mushrooms, Udon Noodles and Light Soya Broth
(GF) Grilled 6 oz Flat Iron Steak Lightly Seasoned with Herbs, served with a Honey BBQ Glaze

## - Eggplant Parmesan

Lightly Breaded and Baked with a Asiago Romano Parmesan Cheese Blend, with a Light Tomato Sauce
$1 / 2 \mathrm{lb}$ Chicken Wings
Tossed in Mild or Spicy Wing Sauce,
Served with Carrot and Celery Sticks
All Entrées served with Vegetables of the day and
Choice of Baked Potato, French Fries, Onion Rings, and House Salad

## - SWEET ENDINGS -

Ice Cream \& Sorbet
Please ask your server for our selection
Cake of the Day
Fresh Fruit of the Day
Fresh Baked Cookies
Rice Pudding
(No sugar added)
Jell-O
(No sugar added)
Ask your server about diabetic, gluten-free or lactose-free choices
ocean wise. A sustainable choice
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V!VA Healthy Choice:
Low fat low sodium
GF Gluten Free

