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Homemade Soups

Small \$3.75 Large \$4.75

White Fish and Shrimp Chowder (Dairy) • Roasted Vegetable Soup (Vegetarian) • Bowl of Chili with Mexican Cheeses

Delicious Hot Entree Specials

Chef Special	BBQ Pork Loin Kebabs served with Roasted Red Bliss Potatoes and Fresh Vegetables and finished with Home-Style BBQ Sauce	\$10.25
Big Bowl Special	Grilled Marinated Boneless Chicken Breast topped with Strawberry Mint Salsa served over Steamed White Rice and Roasted Butternut Squash	\$10.25
Cliff's Diet Special	Grilled Boneless Breast of Chicken Choice of Herb Grilled, Teriyaki or Blackened Served with Brown Rice and Fresh Seasonal Vegetables	\$8.75
Cliff's Diet w/ Salmon	Grilled Atlantic Salmon served with Brown Rice and Fresh Seasonal Vegetables	\$11.75
Erik's Vegetarian Life	Grilled Herbed Flatbread Pizza topped with White Sauce, Caramelized Bermuda Onions, Roasted Red Peppers, Radicchio and Broccoli and finished with Aged Provolone	\$8.75

Bountiful Fresh Salads

Walnut Blue Salad	Grilled Chicken over Mesclun Greens with Toasted Walnuts, Dried Cranberries, Fresh Cucumber, Crumbled Bleu Cheese and Honey Mustard Vinaigrette	\$10.25
Mesclun Feta Salad	Grilled Shrimp over Mesclun Greens, Sliced Pears and Apples, Pine Nuts, Crumbled Feta Cheese, Tomato, Cucumber, and Tomato Basil Vinaigrette	\$10.25
Romaine Salad	Blackened Chicken over Romaine with Chick Peas, Carrots, Corn, Green Peas, Dried Cranberries, Crumbled Gorgonzola, Fresh Peppers and Balsamic Vinaigrette	\$10.25
The Sicilian Caesar	Grilled Chicken over Romaine with Sweet & Hot Peppers, Olives, Portobello Mushrooms, Roasted Tomato, Parmesan Cheese, Croutons and Caesar Dressing	\$10.25

Gourmet Style Sandwiches

Low Fat Special	Boars Head Black Forest Ham & Cheddar with Mustard on Whole Wheat Bread	\$7.50
The Italian Combo	Ham, Salami, Provolone Cheese, Lettuce, Hot Peppers, Oil & Vinegar in a Baguette	\$8.25
Ronald's Chicken Curry	Chunks of White Meat Chicken Tossed with Celery, Raisins, Almonds & Special Curry Dressing with Spinach on a Wrap	\$6.75
The Veggie	Lettuce, Tomato, Cucumber, Fresh Avocado, Roasted Red Peppers, Honey Mustard on 12 Grain Bread	\$6.75
Turkey Cranberry	Boars Head Turkey with Cucumber, Cranberry Sauce and Lettuce on 12 Grain Bread	\$7.50
Join the Club	Roasted Turkey Breast with Crispy Bacon, Brie Cheese, Lettuce, Tomato and Mayo in a Wrap	\$7.50
CBLT	Grilled Chicken Breast with Bacon, Lettuce, Tomato and Mayo on 12 Grain	
Roast Beef & Brie Wrap	Shaved Roast Beef with Brie Cheese, Lettuce and Mayo in a Wrap	\$7.50
Chicken Caesar Wrap	Grilled Chicken Breast and Caesar Salad Hand Tossed with our House Caesar Dressing in a Flour Tortilla	\$8.25

Warm Sandwich Specials

Steak Fajita Wrap	Grilled Mexican Steak with Sautéed Onions and Peppers, Mexican Cheese, Yellow Rice, Fresh Avocado on a Wrap	\$8.25
Soundview Panini	With Roasted Tomato Relish, Arugula, Smoked Mozzarella, Sliced Grilled Chicken, Prosciutto on a Tuscan Bread	\$8.25
It's a Wedge	Chicken Cutlet with Melted Mozzarella, Lettuce, Tomato, Mayo on a Wedge	\$8.25

Daily Specials

Caesar Salad	\$6.00	\$7.50	Fruit Salad	\$3.50 Small	\$6.75 Large
Garden Salad	\$6.00	\$7.50	Soundview Trail Mix	\$2.95	
Salad Toppings (extra):	Grilled Chicken \$2.50		Vita Water	\$2.50	
	Tuna Salad \$2.50		Fall Fever	Fresh Fruit Topped with Low fat Yogurt or Cottage Cheese with Granola on side	\$7.50
	Egg Salad \$2.50				