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Friday, January 27th 2012



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Homemade Soups

Small \$3.75 Large \$4.75

- Creamy Carrot and Mint Soup (Dairy)
- Beef & Cabbage Soup
- Bowl of Chili with Mexican Cheeses

Delicious Hot Entree Specials

Chef Special	Pan Seared Mahi Mahi Filet over White and Wild Rice, served with Roasted Butternut Squash and topped with Roasted Red Pepper Coulis	\$10.25
Big Bowl Special	Tandoori Chicken—Yogurt Marinated Spiced Chicken Thighs baked and served over Basmati Rice , served with Roasted Cauliflower	\$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

Bountiful Fresh Salads

Greek Isle Salad	Grilled Shrimp over Mesclun Greens, Cucumbers, Tomato, Artichoke Hearts, Calamata Olives, Grilled Asparagus, Feta Cheese & Tomato Basil Vinaigrette	\$10.25
Southwest Caesar	Blackened Chicken over Romaine Lettuce with Roasted Peppers, Artichoke Hearts, Fresh Avocado, Sun Dried Tomato, Parmesan Cheese, Croutons and Caesar Dressing	\$10.25
Garden Tuna Salad	Fresh Tuna Salad over Romaine Lettuce with Tomato, Cucumber, Shredded Carrots, Fresh Peppers and Balsamic Vinaigrette	\$10.25
Chicken Mandarin	Grilled Chicken, Mesclun Greens, Mandarin Oranges Sections, Fresh Avocado, Sliced Red Onions, Cucumber, Toasted Almonds and Honey Mustard Vinaigrette	\$10.25

Gourmet Style Sandwiches

Low Fat Special	Boars Head Black Forest Ham & Cheddar Cheese with Mustard on Whole Wheat	\$7.50
Steve Roast Beef	Shaved Roast Beef With Onion, Lettuce and Roasted Peppers, Mayo on Rye Bread	\$7.50
Friday Special	All Vegetable: Lettuce, Tomato, Avocado, Cucumber, Roasted Pepper and Ranch Dressing on 12 Grain Bread	\$6.75
Chicken Cranberry	Grilled Chicken Breast with Cranberry Sauce, lettuce and Cucumber on 12 Grain Bread	\$7.50
Salsa Chicken Wrap	Grilled Chicken Breast, Fire Roasted Tomato Salsa with Cheddar Cheese, Lettuce in a Wrap	\$7.50
Alpine Turkey	Fresh Roasted Turkey with Low fat Alpine Lace Swiss Cheese, Mustard, Lettuce and Tomato on 12 Grain Bread	\$7.50
David's Wrap	Chicken Cutlet with Hot Peppers, American Cheese and Mayo on a Wrap	\$7.50
Big Fish	Fresh Tuna Salad on Whole Wheat Bread	\$6.75
Max Caesar	Grilled Chicken Breast with Fresh Avocado, Romaine Lettuce and Caesar Dressing on a Wrap	\$8.25

Warm Sandwich Specials

Italian Grilled Cheese	Melted Mozzarella, Genoa Salami, Roasted Red Peppers, Tomato and Fresh Basil on Grilled Rustic Italian Bread	\$8.25
Turkey Rueben	Turkey with Coleslaw, Melted American Cheese with Russian Dressing on a Rye Bread	\$8.25
Honey Mustard Chicken	Grilled Chicken Breast with Honey Mustard Sauce, Lettuce, Tomato on a Toasted Wedge	\$8.25

Daily Specials

	Small	Large
Caesar Salad	\$6.00	\$7.50
Garden Salad	\$6.00	\$7.50

Salad Toppings (extra):	Grilled Chicken \$2.50
	Tuna Salad \$2.50
	Egg Salad \$2.50

Fruit Salad	\$3.50 Small	\$6.75 Large
Soundview Trail Mix	\$2.95	
Vita Water	\$2.50	

Fall Fever	Fresh Fruit Topped with Low fat Yogurt or Cottage Cheese with Granola on side	\$7.50
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