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**Monday, January 23, 2012**



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### Homemade Soups

Small \$3.75 Large \$4.75

Chicken and Sausage Gumbo Soup (Dairy Free) • Vegetable Minestrone (Dairy Free) • Bowl of Chili with Mexican Cheeses

### Delicious Hot Entree Specials

<b>Chef Special</b>	Salmon Teriyaki—Fresh Atlantic Salmon Filet Marinated with our own Teriyaki Sauce Served with Jasmine Rice, Sautéed Broccoli and Topped with Pineapple Salsa and Teriyaki Sauce	\$10.25
<b>Big Bowl Special</b>	Chicken Creole—Blackened Chicken with a Classic New Orleans, Spicy Tomato, Onions and Peppers Sauce Served with Yellow Rice and Sautéed Spinach	\$10.25
<b>Cliff's Diet Special</b>	Grilled Boneless Breast of Chicken Choice of Herb Grilled, Teriyaki or Blackened Served with Brown Rice and Fresh Seasonal Vegetables	\$8.75
<b>Cliff's Diet w/ Salmon</b>	Grilled Atlantic Salmon served with Brown Rice and Fresh Seasonal Vegetables	\$11.75
<b>Erik's Vegetarian Life</b>	White Bean Chili and Fried Plantains—White Beans Slow Simmered with Root Vegetables to Create a Rich Broth thick with Vegetables Served with Sweet Fried Plantains and Corn Bread	\$8.75

### Bountiful Fresh Salads

<b>Spinach Feta Salad</b>	Grilled Chicken over Baby Spinach, Sliced Pears and Apples, Tomato, Cucumber, Crumbled Feta Cheese, Kalamata Olives and Tomato Basil Vinaigrette	\$10.25
<b>Shrimp Santa Fe</b>	Grilled Shrimp over Romaine Lettuce, Black Beans, Corn, Mango, Tomato, Cucumber, Avocado, Shredded Pepper jack Cheese and Balsamic Vinaigrette	\$10.25
<b>Southern Ranch Taco Salad</b>	Blackened Chicken over Romaine Lettuce, Crushed Baked Tortilla Chips, Fresh Avocado, Shredded Cheddar Cheese, Tomato, Cucumber, and Ranch Dressing	\$10.25
<b>The Islander</b>	Grilled Chicken over Romaine over Sliced Mango, Grilled Pineapple, Tomato, Fresh Peppers, Cucumber and Honey Mustard Vinaigrette	\$10.25

### Gourmet Style Sandwiches

<b>Low Fat Special</b>	Alpine Turkey Breast with Lettuce, Low Fat Alpine Lace Swiss, Mustard on 12 Grain	\$7.50
<b>TBLT</b>	Roasted Turkey with Crispy Bacon, Lettuce, Tomato on 8 Grain Toast	\$7.50
<b>The Sea Server</b>	Fresh Tuna Salad With Lettuce on a Toasted Pretzel Bread	\$6.75
<b>Classic Grilled Chicken Sandwich</b>	Thinly Sliced Marinated Open Flamed Grilled Chicken Breast with Lettuce, Honey Mustard Sauce on a Portuguese Roll	\$7.50
<b>Hearty Egg Salad</b>	With Lettuce and Tomato on a Hearty Bread	\$6.75
<b>California Turkey</b>	Boars Head Turkey Breast with Fresh Avocado, Monterey Jack Cheese, Honey Mustard on 8 Grain	\$7.50
<b>Black Forest Ham</b>	Boars Head Black Forest Ham on a Portuguese Roll with Lettuce, Tomato, Honey Mustard and Swiss Cheese	\$7.50
<b>Hummus</b>	With Sprouts, Tomato and Cucumber on a Hearty Bread	\$6.75
<b>Home Style Chicken Salad</b>	With Lettuce on a Walnut Raisin Bread	\$7.50
<b>The Westport</b>	Roast Beef with Coleslaw and Russian Dressing on a Roll	\$7.50

### Warm Sandwich Specials

<b>BBQ Chicken</b>	Grilled Chicken Breast with Texas Style BBQ Sauce and Melted Cheddar Cheese on a Wedge	\$8.25
<b>Chicken Parmesan</b>	Freshly Breaded Chicken Breast Cutlet with Melted Mozzarella and Marinara Sauce on a Wedge	\$8.25
<b>Roast Beef Melt</b>	Roast Beef with Crispy Onions, Melted Swiss Cheese and Horseradish Sauce on a Wrap	\$8.25

### Daily Specials

	<b>Small</b>	<b>Large</b>
Caesar Salad	\$6.00	\$7.50
Garden Salad	\$6.00	\$7.50
<b>Salad Toppings (extra):</b>	Grilled Chicken \$2.50	Tuna Salad \$2.50
	Egg Salad \$2.50	

### Fruit Salad

	\$3.50 Small	\$6.75 Large
<b>Soundview Trail Mix</b>	\$2.95	
<b>Vita Water</b>	\$2.50	

### Fall Fever

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