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Wednesday, Jan 25, 2012



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Homemade Soups

Small \$3.75 Large \$4.75

- Lentil and Bacon Soup
- Potato & Leek Soup—Vegetarian (Dairy)
- Bowl of Chili with Mexican Cheeses

Delicious Hot Entree Specials

Chef Special	Our own Homemade Meatballs and Tomato Marinara Sauce with Spaghetti, served with Sautéed Spinach and a side of Garlic Bread	\$10.25
Big Bowl Special	Sautéed Boneless Chicken Breast Served over Steamed White Rice, Sautéed Baby Carrots and Topped with a Coconut Cream Sauce	\$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	Eggplant Rollatini Topped with a Classic Marinara Sauce and Baked Romano Cheese Served with Sautéed Broccoli Rabe	\$8.75

Bountiful Fresh Salads

Country Salad	Grilled Shrimp over Mesclun, Roasted Peppers, Artichoke Hearts, Portobello Mushrooms, Sun Dried Tomato, Fresh Mozzarella, Croutons and Tomato Basil Vinaigrette	\$10.25
Arugula Salad	Grilled Chicken over Fresh Arugula with Shredded Parmesan Cheese, Tomato, Cucumber, Roasted Red Peppers, Fresh Croutons and Tomato Basil Vinaigrette	\$10.25
Island Cobb Salad	Blackened Chicken over Romaine, Crumbled Bleu Cheese, Tomato, Crumbled Bacon, Cucumber, Fresh Avocado, Hard Boiled Eggs and Balsamic Vinaigrette	\$10.25
Flaked Tuna Salad	Flaked Tuna over Baby Spinach with Snow Peas, Peppers, Tomato and Cucumber with Asian Sesame Ginger 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	\$7.50
Roast Beef & Brie Wrap	Shaved Roast Beef with Brie Cheese, Lettuce and Mayo in a Wrap	\$7.50

Warm Sandwich Specials

Antonio's Special	Sliced Prosciutto with Aged Provolone Cheese, Fresh Tomato, Sliced Kalamata Olives, Fresh Basil Leaves and Extra Virgin Olive Oil on a Italian Tuscan Panini Bread	\$8.25															
The Pancho Wrap	Mexican Marinated Grilled Chicken with Black Bean & Corn Salsa, Melted Mexican Cheese, Shredded Lettuce and Tomato on a Wrap	\$8.25															
Chicken Cutlet	Freshly Breaded Chicken Breast Cutlet, Melted Pepperjack Cheese, Lettuce, Tomato & Mayo on a Roll	\$8.25															
Daily Specials	<table border="0" style="display: inline-table; vertical-align: top;"> <tr> <td>Small</td> <td>Large</td> <td>Fruit Salad</td> <td>\$3.50 Small</td> <td>\$6.75 Large</td> </tr> <tr> <td>Caesar Salad</td> <td>\$6.00 \$7.50</td> <td>Soundview Trail Mix</td> <td>\$2.95</td> <td></td> </tr> <tr> <td>Garden Salad</td> <td>\$6.00 \$7.50</td> <td>Vita Water</td> <td>\$2.50</td> <td></td> </tr> </table>	Small	Large	Fruit Salad	\$3.50 Small	\$6.75 Large	Caesar Salad	\$6.00 \$7.50	Soundview Trail Mix	\$2.95		Garden Salad	\$6.00 \$7.50	Vita Water	\$2.50		
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Salad Toppings (extra):	<table border="0" style="display: inline-table; vertical-align: top;"> <tr> <td>Grilled Chicken</td> <td>\$2.50</td> <td>Fall Fever</td> <td>Fresh Fruit Topped with Low fat Yogurt or Cottage Cheese with Granola on side</td> <td>\$7.50</td> </tr> <tr> <td>Tuna Salad</td> <td>\$2.50</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Egg Salad</td> <td>\$2.50</td> <td></td> <td></td> <td></td> </tr> </table>	Grilled Chicken	\$2.50	Fall Fever	Fresh Fruit Topped with Low fat Yogurt or Cottage Cheese with Granola on side	\$7.50	Tuna Salad	\$2.50				Egg Salad	\$2.50				
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