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Homemade Soups

Small \$3.75 Large \$4.75

- Chicken Gumbo Soup (Dairy)
- Three Bean Soup with Spinach (Dairy Free)
- Bowl of Chili with Mexican Cheeses

Delicious Hot Entree Specials

Chef Special	Tropical Salmon—Marinated Grilled Salmon Filet Served over Rice Pilaf Sautéed Green Beans and Topped with Tropical Fruit Salsa	\$10.25
Big Bowl Special	Chicken Bolognese—Fresh Chicken Breast Topped with Sliced Prosciutto, Melted Fontina Cheese over White and Wild Rice, Fresh Sautéed Broccoli Rabe in a Light Lemon 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	Quesadilla with Kale, Chick Peas, Roasted Garlic, and Creamy Arborio Rice made with Fontina and Gorgonzola Piccante. Served with Smoky Tomato Salsa	\$8.75

Bountiful Fresh Salads

Mesclun Feta Salad	Grilled Chicken over Mesclun Greens, Sliced Pears and Apples, Pine Nuts, Crumbled Feta Cheese, Tomato, Cucumber, and Tomato Basil Vinaigrette	\$10.25
Caesar Special	Grilled Shrimp over Romaine Lettuce, Black Beans, Corn, Fresh Avocado, Tomato, Cucumber, Croutons, Parmesan Cheese and Caesar Dressing	\$10.25
Romaine Salad	Blackened Chicken over Romaine with Chick Peas, Carrots, Corn, Green Peas, Dried Cranberries, Gorgonzola, Fresh Peppers and Balsamic Vinaigrette	\$10.25
The Islander	Grilled Chicken over Mesclun Greens with Sliced Mango, Grilled Pineapple, Tomato, Fresh Peppers, Cucumber, Caramelized Pecans and Honey Mustard Vinaigrette	\$10.25

Gourmet Style Sandwiches

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

Warm Sandwich Specials

Turkey Cheddar	Roasted Turkey, Crispy Bacon, Melted Cheddar and Honey Mustard Sauce in a Tortilla Wrap	\$8.25
It's a Wedge	Chicken Cutlet with Melted Mozzarella, Lettuce, Tomato, Mayo on a Wedge	\$8.25
Catch of the Day	Baked Fresh White Fish Filet with Homemade Tartar Sauce, Lettuce and Tomato on a Hard Roll	\$8.25

Daily Specials

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