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**Tuesday, February 7, 2012**



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**Homemade Soups**

**Small \$3.75 Large \$4.75**

- Mediterranean Roasted Vegetable Soup (Dairy Free)
- Ham, Tomato, and White Bean Soup (Dairy Free)
- Bowl of Chili with Mexican Cheeses (Dairy Free)

**Delicious Hot Entree Specials**

<b>Chef Special</b>	Mexican Steak Burrito—Grilled Marinated Steak with Black Beans, Rice, Grated Cheese, Salsa Wrapped in a Flour Tortilla Topped with Salsa, Melted Cheese, Pico de Gallo and Sides of Sour Cream and Fresh Guacamole	\$10.25
<b>Big Bowl Special</b>	Chicken Marsala—Boneless Chicken Breast Served with Buttered Noodles, Sautéed Broccoli, Mushroom and Topped with Sweet Marsala Sauce	\$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>	Polenta Strata—Polenta Layered with Sundried Tomatoes, Green Olives, Lemon and Basil Topped with Asiago Cheese and Fresh Herbs Served with Alfredo Sauce and Roasted Squash and Peppers	\$8.75

**Bountiful Fresh Salads**

<b>Soundview Mesclun</b>	Grilled Chicken over Mesclun Greens with Dried Cranberries, Toasted Pine Nuts, Jicama, Crumbled Goat Cheese, Steamed Asparagus and Tomato Basil Vinaigrette	\$10.25
<b>Tropical Shrimp</b>	Grilled Shrimp over Mesclun Greens with Fresh Mango, Grilled Pineapple, Fresh Mozzarella, Lo Mein Noodles, Cucumber and Balsamic Vinaigrette	\$10.25
<b>Chicken Mandarin</b>	Blackened Chicken over Romaine with Mandarin Oranges Sections, Sliced Red Onions, Cucumber, Toasted Almonds and Honey Mustard Vinaigrette	\$10.25
<b>Flaked Tuna Salad</b>	Flaked Tuna over Romaine Lettuce with Snow Peas, Peppers, Tomato and Cucumber with Asian Sesame Ginger Dressing	\$10.25

**Gourmet Style Sandwiches**

<b>Low Fat Special</b>	Boars Head Peppercorn Turkey with Low Fat Alpine Lace Swiss, Mustard, Lettuce on 12 Grain	\$7.50
<b>The French Connection</b>	Boars Head Black Forest Ham with Swiss Cheese and Mustard on Pretzel Bread	\$7.50
<b>The Maz Special</b>	Marinated Grilled Chicken Breast Sliced Thin with Sliced Dill Pickles, Mustard, Lettuce, Salt & Pepper on Rye Bread	\$7.50
<b>David's Veggies</b>	On a Hearty Bread with Organic Sprouts, Cucumber, White Cheddar, Lettuce and Spicy Mayo	\$6.75
<b>Turkey Club</b>	Classic Triple Decker, Crispy Bacon, Lettuce, Tomato, Mayo on White Toast	\$7.50
<b>Waldorf Chicken Salad</b>	Fresh Chicken Salad with Apple, Pecan, Grapes and Cranberry on Cranberry Nut Bread	\$7.50
<b>Turkey Cucumber</b>	Fresh Roasted Turkey Breast with Cucumber, Lettuce & Honey Mustard on 12 Grain	\$7.50
<b>Blackened Chicken Caesar Wrap</b>	Blackened Chicken Breast and Caesar Salad Tossed in our House Caesar Dressing in a Wrap	\$8.25
<b>Oven Gold Turkey</b>	Boars Head Oven Gold Turkey Breast with Mustard on Rye Bread	\$7.50

**Warm Sandwich Specials**

<b>Greek Panini</b>	Grilled Chicken with Feta Cheese, Spinach, Roasted Red Peppers and Sundried Tomato on Grilled Tuscan Bread	\$8.25
<b>Buffalo Chicken Quesadilla</b>	Buffalo Chicken Tenders with Corn, Black Beans, Scallions & Mexican Cheeses in a Flour Tortilla and a side of Sour Cream and Salsa	\$8.75
<b>Arugula Gouda</b>	Smoked Gouda, Fresh Baby Arugula, and Sliced Tomato on Grilled Bread with Balsamic Drizzle	\$7.95
<b>Daily Specials</b>	<b>Small Large Fruit Salad \$3.50 Small \$6.75 Large</b>	
Caesar Salad	\$6.00 \$7.50 <b>Soundview Trail Mix</b>	\$2.95
Garden Salad	\$6.00 \$7.50 <b>Vita Water</b>	\$2.50
<b>Salad Toppings (extra):</b>	Grilled Chicken \$2.50 <b>Fall Fever</b> Fresh Fruit Topped with Low fat Yogurt or Cottage Cheese with Granola on side	\$7.50
	Tuna Salad \$2.50	
	Egg Salad \$2.50	