

Soups & Starters

Moroccan Lentil-V-GF

OC Chicken Bone Broth-LS-GF

Cream of Mushroom w/Tarragon–
V-GF

(Sodium: LS = 100-120 mg, Reg = 220-420mg)

Chilled Juices

Fresh Sliced Orange Segments

Salads

Fresh Garden Salad

Greek Salad – Tomato, Cucumber,
Red Onion, Capers, Kalamata
Olive, Feta Cheese – Red Wine
Vinaigrette

Wedge of Iceberg

Dressings – Bleu Cheese, Russian, Ranch,
Balsamic Vinaigrette

Fat-Free Dressings – Italian, Honey
Mustard, Creamy Italian, Raspberry
Vinaigrette

Sides

Steamed Broccoli

Wilted Spinach w/Tomato, Golden
Raisins & Pine Nuts

Roast Sweet Potato Wedges

Spaghetti w/Roast Tomato-Almond
Pesto - D

Baked Potato, White Rice, Fries

Peas & Carrots

Special Today

Pomegranate-Merlot Lamb Shank

Braising solution of merlot, pomegranate juice, chicken stock, honey, red wine vinegar, garlic, onion, thyme, cinnamon, cumin & all spice. GF

Seared Salmon w/Orange-Ginger Glaze

Glaze of OJ, honey, ginger, light soy & sherry. GF

Chicken Parmigianna - D

Thinly sliced chicken breast lightly breaded then fried golden –
baked in house basil-marinara w/Mozzarella crust.

Baked Scrod Orchard Cove

Topped w/olive oil & paprika seasoned panko crumbs.

Spaghetti w/Roast Tomato - Almond Pesto - D - V

Tossed in a puree of olive oil, garlic, basil, almonds, tomato
sauce, roasted tomato, parmesan & red pepper flake.

Greek Salad - D

Diced tomato, cucumber, red onion, capers, & kalamata olive
tossed in a vinegrette of olive oil, red wine vinegar, and oregano.
Served over crisp greens and finished with feta cheese – GF –
Add Seared Salmon

Always Available

Today's Fish–Broiled w/Lemon or Poached
Grilled Chicken Breast

Omelet – Cheese or Sautéed Vegetables

Angus or Veggie Burger w/Sautéed Onions

All Beef Kosher Frank w/Sauerkraut

Vitality 360

Items that have no added salt, fat, or sugar

Spaghetti w/Roast Tomato-Almond Pesto-D

Steamed Broccoli

Before placing your order, please inform your server if a person in your party has a food allergy. Consuming raw or undercooked eggs, meat, fish & shellfish may increase the possibility of food borne illness. 3-4 (Tuesday)