

Entrees

Served with a cup of soup or house salad and a choice of two sides: Daily Vegetable, Mashed Potatoes, Rice, Fries, Slaw, Sweet Potato Fries, Fruit, Cottage, Onion Rings, Potato Salad
Baked Potato or Sweet Potato after 3:30

Baked Salmon [Ⓥ] \$14

Fish & Chips

White fish with tartar sauce, fries, & coleslaw. \$9

Chicken & Chips

Chicken tenders with fries and coleslaw. \$9

Grilled Chicken Breast [Ⓥ] \$12

Chicken or Tofu Stir-fry

Peppers, onions, mushrooms, broccoli. And a sesame ginger sauce over rice \$12

Baked Potato Combo

Baked potato or yam served with a salad or both daily vegetables (after 3:30) \$6.50

Hot Dog

All beef ¼ lb. hot dog \$7
(options: Relish, Sauerkraut, tomato, onions)

Sides

Daily Vegetable, Mashed Potatoes, Rice, Fries, Slaw, Sweet Potato Fries, Fruit, Cottage, Onion Rings, Potato Salad, \$1.50
Baked Potato or Baked Sweet Potato (after 3:30) \$3

DESSERTS

Cookies

Pudding

Ice Cream

Assorted Desserts

Check with server regarding

Baked Cod [Ⓥ] \$12

Baked Tilapia \$12

Stuffed Portobello Mushroom [Ⓥ]

with tomato, sautéed onions, spinach & an Asiago cream sauce \$11

8 oz. New York Strip \$15

8 oz. Ribeye Steak \$14

Salisbury Steak

topped with onions, mushrooms, & gravy \$12

Pasta & Marinara

Topped with Asiago and served with garlic toast. \$8.25

Omelet

Spinach, mushrooms, and cheese \$8

Beverages

Coke, Diet Coke, Sprite,
Hi C Punch, Lemonade, Orange Juice,
apple Juice, Cranberry Juice, Ice Tea,
Hot Tea, Coffee \$1 with refill

Milk \$2

Soy Milk, Almond Milk \$3

[Ⓥ] *Vitality Options*

SALADS

Berry Salad [Ⓥ]

Baked salmon, chicken, or veggie chicken mixed greens, strawberries, grapes, oranges, walnuts, cranberries, feta and raspberry dressing. \$12/\$8

California Fruit Salad [Ⓥ]

served with fresh fruit, half an avocado and choice of yogurt drizzled with honey, tuna salad or cottage cheese. \$9/\$6.50

Caesar Salad [Ⓥ]

with romaine, parmesan, & croutons. \$3/\$6.50 add chicken or salmon \$3

Chef Salad [Ⓥ]

with turkey, turkey ham, turkey bacon, , onion, cheese, tomato, avocado, & egg. \$9.95/\$6.95

Southwest Chicken Salad [Ⓥ]

Chicken over romaine, avocado, cheese, sour cream, black bean and corn salsa with a red pepper dressing \$12

Garden House Salad [Ⓥ]

with tomato, cucumber, beets, onion, & carrots \$3/\$6.50

APPETIZERS

Vegetable Egg Rolls

served with sesame ginger sauce \$7

Chicken Wings or Veggie Wings

served with celery and ranch \$7

Flat Bread Pizza

Check with Staff for daily choice \$7

Portobello Quesadilla

Portobello, spinach, goat cheese, smoked Gouda with a red pepper aioli \$8

Options Vitality [Ⓥ]

SANDWICHES

Classic BLT

turkey bacon or veggie bacon, lettuce, tomato, & mayo on choice of bread \$8 /\$6

Reuben or Veggie Reuben

corned beef or avocado, melted Swiss, sauerkraut & thousand island on rye \$9.25

Chicken Club

Fried chicken breast, turkey bacon, cheddar lettuce, pickles, tomato, and ranch \$8.50

Chicken Caesar Wrap

fried or grilled chicken breast, romaine, asiago and Caesar dressing in a tortilla \$8.50

Deli Combo

½ deli sandwich and choice of soup or salad \$6.50

Deli Sandwich

Build you own \$8

Smoked BBQ Chicken Sandwich

smoked pulled chicken or veggie chicken BBQ sauce, slaw and pickled onions \$8.50

BURGERS

Served with lettuce, tomato, pickles & onions choice of a side.

Add-ons: cheese, turkey bacon, veggie bacon, sautéed mushrooms, grilled onions, fried egg. black and bleu \$.50 each Avocado \$1.50

Beef Sliders

\$8.50/\$6

Black Angus Burger

\$9.25

Bison Burger

\$10

BBQ Turkey Burger

\$9.25

Chipotle Black Bean Burger [Ⓥ]

topped with fresh avocado, and Cheddar

Garden Burger or Griller Patty [Ⓥ]

\$8.95