



Salads

Arugula Salad	8
Arugula, Baby Spinach, Romaine Lettuce with Lemon Wedge, Olive Oil & Sea Salt	
Caesar Salad	7
Caesar Salad with Romaine Lettuce & Walden Farms Dressing	
Baby Spinach Salad	9
Baby Spinach Salad with Sliced Mushrooms, Red Onion, Chopped Hard-Boiled Egg, Walden Farms Honey Dijon Dressing	

Entrees

Chicken Breast	15
Grilled 5 oz Organic Chicken Breast over Baby Spinach Salad with Honey Dijon Dressing	
Fish of the Day or Salmon	0
Grilled 7 oz. Fish of the Day, or Salmon with Bok Choy, Zucchini & Asparagus	
Sirloin Steak	22
Grilled 6 oz Niman Ranch Sirloin Steak with Sauteed Chard and Sliced Mushrooms	

Dessert

Chocolate Pudding	6
Ideal Protein Chocolate Pudding	
Lemon Sorbet	6
Sugar-Free Lemon Sorbet	