



Salads

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

Entrees

Chicken Breast	\$12
Grilled 5 oz Organic Chicken Breast over Baby Spinach Salad with Honey Dijon Dressing	
Caesar Salad with Chicken Breast	\$12
Walden Farms Caesar Salad with Grilled 5 oz. Chicken Breast	
Fish of the Day or Salmon	\$0
Grilled 7 oz. Fish of the Day or Salmon with Bok Choy, Zucchini & Asparagus	

Dessert

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