



Special Lunch Options

Surimi Wrap*	\$10.00
Whole wheat wrap filled with faux crab meat salad and a side salad (Gluten free wrap available upon request).	
Tri-color Pasta with Flaked Poached Salmon	\$11.00
Deluxe Grilled Cheese Sandwich	\$10.00
Cheddar cheese, green apple and caramelized onions melted between 2 slices of multigrain bread and served with a side salad	
Pizza Muffin and Salad*	\$8.00
Gluten Free Muffin with a Green Salad	
Greek Chickpea Salad*	\$7.00
Fruit Salad*	\$8.00
served with a scoop of Cottage Cheese	

Items marked with "*" are prepared gluten free

Menu

Appetizers

Mushroom Crepes with Sauce	\$6.00
Cannelloni stuffed with Vegetables	\$6.00
Fresh Loaf of Bread with Olive Oil (refill)	\$2.00

Soup

Soup of the Day	\$5.00
Chunky Vegetable Soup*	\$5.00

Pasta

Cheese Lasagna	\$10.00
Pasta Alfredo with Portobello Mushrooms	\$10.00
Mac 'n Cheese	\$7.00
Spaghetti with Marinara Sauce and Grilled Vegetables	\$7.00

Main Event

Eggplant Parmesan	\$11.00
Vegetarian Burger on a Bun, served with toppings and fries	\$11.00
Vegetarian Chili, served over Rice*	\$ 9.00
Quiche: Spinach or Mushroom	\$7.00
Pizza Muffin*	\$5.00
Personal Pizza:	
Cheese	\$7.00
Vegetable Selection: Mushrooms, Onion, Peppers, Zucchini or Black Olives	\$8.50

Catch of the Day

Salmon Teriyaki, served with rice and green beans*	\$20.00
Spicy Moroccan Salmon, served with couscous	\$20.00
Grilled Tilapia with lemon sauce and roasted potatoes*	\$20.00
(White) Fish Kabobs (2) served with tehina & sweet potato puree*	\$18.00
Fish 'n Chips served with tartar sauce	\$10.00

Sides and Salads

Our Famous Herbed Potatoes*	\$6.00
Quinoa Salad*	\$7.00
Green Garden Salad*	\$5.00
Caesar Salad	\$6.00
Israeli Salad*	\$6.00
Watermelon Tomato Salad topped with feta cheese*	\$8.00
Arugula Salad with choice of portobello mushrooms OR feta cheese*	\$10.00
both toppings*	\$12.00

Dessert

Poached Pear on a scoop of Vanilla Ice Cream*	\$5.00
Ice Cream Bar Cake	\$6.00
Waffles and Ice Cream, served with fresh fruit and chocolate syrup	\$8.00
Tiramisu	\$7.00
Personal Cheesecake: Topped As You Like It	
Chocolate, Caramel, Strawberry Couli or Plain	\$9.00
Decadent Chocolate Cake	\$4.00

Beverages

Hot

Coffee (regular or decaffeinated)	\$2.00
Tea (regular or herbal)	\$2.00
Espresso	\$3.00
Cappuccino	\$4.00
Latte	\$4.00

Cold

Fruit Smoothie: choice of strawberry or mango	\$5.00
Soft Drink	\$1.50
Perrier	\$2.00
Snapple	\$2.50
Donut-Frappuccino	\$8.50
Mocha frappuccino served with a skewer of baby donuts	
Beer	\$6.00/bottle