

HEALTHY CHOICES

2020

APPETIZERS

BRUSCHETTA
SEITAN WINGS
AHI TUNA POKE

SALADS

GARDEN SALAD 4 / 8 CAESAR SALAD 6 / 10

BALSAMIC VINAIGRETTE - RANCH - BLUE CHEESE - RUSSIAN - RASPBERRY VINAIGRETTE - CHAMPAGNE VINAIGRETTE - LEMON POPPY VINAIGRETTE

CHOPPED SALAD STYLE AVAILABLE 1

CHICKEN 4 SHRIMP 6 SALMON 6 STEAK 7 AHI TUNA 6 TOFU 4

LIGHTHOUSE SALAD

AHI TUNA SALAD

APPLE & CANDIED WALNUT SALAD

THAI SALAD

ICEBERG WEDGE SALAD

SPINACH SALAD

ROMAN CHEF SALAD

SANDWICHES

GRILLED SWORDFISH
MARYLAND SALMON BURGER
IMPOSSIBLE BURGER
HOMEMADE VEGGIE BURGER (ON REQUEST)

DINNER ENTRÉES

SUPERFOOD BOWL
ASIAN GLAZED SALMON
GRILLED SWORDFISH PANZANELLA
CHILEAN SEA BASS
CHICKEN PEPE (OR SUBSTITUTE SEITAN)