

# light fare

## SALADS

### CAESAR SALAD TOPPED WITH GRILLED CHICKEN OR SALMON

Served on a bed of romaine with Parmesan cheese, croutons and Caesar dressing

### ASIAN CHICKEN SALAD

Grilled sesame chicken with mixed greens, chow mein noodles, mandarin oranges and Thai peanut dressing

### MEDITERRANEAN FETA SALAD

Arugula mixed with huckleberries, Feta cheese and balsamic vinaigrette

### TUNA WALDORF SALAD OR CHICKEN SALAD PLATE

Your choice of Tuna Waldorf salad (made with walnuts, apples, apricots and Greek yogurt) or Chicken salad served on a bed of mesclun greens with crackers

## SANDWICHES

Served with lettuce, tomato and pickle with your choice of one side

### CHICKEN SALAD ON CROISSANT

Fresh diced white meat chicken prepared with light mayonnaise

### GRILLED CHICKEN SANDWICH

Grilled marinated chicken breast served on a fresh bun

### GRILLED HAMBURGER ON A BUN

Grilled ground beef with your choice of Swiss or American cheese (*prepared well done*)

### DELI SANDWICH

Choice of shaved turkey or ham with Swiss or American cheese on your choice of bread

### GRILLED CHEESE SANDWICH

Grilled on your choice of bread with Swiss or American cheese

### TUNA WALDORF SANDWICH

Tuna salad made with walnuts, apples, apricots and Greek yogurt served on whole grain bread


### CATCH OF THE DAY

Seasoned with olive oil, spices, grilled and served on a bun with tartar sauce & lemon

### JUMBO HOT DOG

Served with sauerkraut or grilled onions

# wellness selections

Served with your choice of two  heart healthy sides

### PORK TENDERLOIN WITH HUCKLEBERRY SAUCE

Fresh herb-seasoned sautéed pork tenderloin served with fresh huckleberry white wine sauce

Calories: 152 | Fat: 5 g | Sodium: 305 mg | Fiber: 1 g | Chol: 40 mg | Carbs: 12 g

### BLACK BEAN CAKES WITH FRESH TOMATO SALSA

Two black bean cakes served with a fresh tomato, lime and cilantro salsa

Calories: 311 | Fat: 8 g | Sodium: 381 mg | Fiber: 12 g | Chol: 0 mg | Carbs: 45 g

### TURKEY BREAST WITH CRANBERRY MUSTARD

Prepared with sautéed garlic and green onion and topped with a cranberry mustard sauce

Calories: 200 | Fat: 6 g | Sodium: 232 mg | Chol: 56 mg | Carbs: 8 g

### BERRY SPINACH SALAD WITH CHICKEN

Chilled sliced thigh atop a bed of fresh spinach mixed w/ berries & plums, drizzled with raspberry vinaigrette

Calories: 176 | Fat: 2 g | Sodium: 176 mg | Fiber: 4 g | Chol: 42 mg | Carbs: 30 g

Wellness items meet the American Heart Association criteria

 Living the Mediterranean Way!

# Dinner entrees

## GRILLED PETITE FILET\*

The most tender cut of beef char broiled to perfection and topped with garlic mushrooms

## BOURSIN CHICKEN

Grilled chicken topped with melted Boursin cheese, roasted red peppers and asparagus

## GRECIAN CHICKEN PASTA

Grilled chicken breast with roasted garlic, spinach, capers and a white wine cream sauce

## JUMBO LUMP CRAB CAKES

Our house made cakes are full of fresh local crab with a touch of red pepper, sweet onions, signature seasonings and topped with a citrus Hollandaise sauce

## GRILLED SALMON

Fresh salmon filet char broiled and topped with Hollandaise sauce

## CATCH OF THE DAY

Fresh fish grilled and served with herb butter

## SIDE ITEMS

French Fries

Sweet Potato Fries

♥ Rice

♥ Baked Potato

♥ Baked Sweet Potato

♥ Baked Apples

♥ Fresh Fruit

♥ Green Beans

♥ Spinach

♥ Steamed Vegetable Medley

♥ Broccoli

Cole Slaw

♥ Chef's Vegetable Feature

♥ Side Salad

# Dessert selections

## CHEF'S DESSERT FEATURE

Ask your server about the available selections

## ICE CREAM

Ask your server about all of our available flavors  
Sugar-free selections available

## BEVERAGES

Coffee

Hot Tea

Milk

Soft Drinks

Juice

Iced Tea

🍷 Assorted Wines

Assorted Beers

*\*Will be prepared well done, unless otherwise specified. Warning:  
Consuming raw or undercooked beef steak may increase your risk  
of foodborne illness, especially if you have certain medical conditions.*



**WATERSONG**

*reservations* 321-253-7440