



Seasonally inspired cooking with every item less than 475 calories

Flatbreads

- Artichoke & Goat Cheese** leaf spinach, balsamic onions, roasted peppers
- Ripe Plum Tomato** fresh basil, roasted garlic, melted Parmesan cheese
- Garlic Chicken** balsamic onions, roasted red peppers, mozzarella cheese
- Spicy Chipotle Shrimp** grilled pineapple, feta cheese, roasted poblano peppers
- Steak & Cremini Mushroom** fresh spinach, crumbled blue cheese

Appetizers

- New Zealand Venison Chili** black beans, cilantro sour cream
- Sno-Pac Farms Organic Edamame** steamed whole soybeans, Japanese green tea salt
- Double Hummus & Crisp Sea Salt Lavosh** minted edamame hummus, red-roasted chili hummus
- Cider-Glazed Grilled Chicken Skewers** Fuji apple slaw, sun-dried cranberries, toasted pumpkin seeds
- Sonoma Goat Cheese Ravioli** organic tomato broth, roasted garlic, fresh sweet basil
- Lump Crab, Roasted Shrimp & Spinach Stuffed Mushrooms** under Parmesan-panko crust
- *Sushi-Grade Ahi Tuna Seared Rare** sliced and served chilled, Asian cucumber salad, sesame crisps
- Grilled BBQ-Glazed Shrimp** guacamole, corn salad, tomatillo salsa verde
- Spicy Chicken Chile Relleno** sun-dried tomatoes, goat cheese, spinach, pico de gallo
- Prince Edward Island Mussels** steamed in zesty marinara sauce, grilled ciabatta bread

Small Salads

- Organic Arugula** truffle dressing, Portobello mushrooms, Parmesan cheese
- Kalymnos Greek** feta cheese, cucumbers, tomatoes, sliced red onions, kalamata olives
- Organic Baby Spinach** seasonal pears, toasted pine nuts, crumbled gorgonzola cheese
- Organic Mixed Greens** toasted pumpkin seeds, tomatoes, cucumbers, white balsamic vinaigrette

Entrée Salads

- Autumn Vegetarian Tasting** “grains of life,” soft taco, chili relleno, vegetables, cedar roasted tofu, mango chutney
- Maple Leaf Farms Sesame Duck** chopped greens, apples, mint, cranberries, butternut squash, toasted pecans
- BBQ Chicken** organic field lettuce, fresh corn, roasted red peppers, pumpkin seeds, crumbled blue cheese
- *Maui Tuna Crunch** sushi-grade seared tuna, organic greens, pineapple, toasted almonds, miso vinaigrette
- *Lemongrass Salmon** organic greens, pineapple, mango, jicama, toasted sesame dressing

E.U. Certified Organic Salmon, \$6 Surcharge

Fish & Seafood

- Grilled Boneless Rainbow Trout** roasted rainbow carrots, parsley new potatoes, broiled lemon
- Caramelized Grilled Sea Scallops** roasted asparagus, sun-dried tomato-mushroom pearl pasta
- Grilled Jumbo Shrimp Penne Pasta** spinach, mushrooms, garlic, sour cream, sun-dried tomatoes
- Roasted Artichoke-Stuffed Shrimp** wilted leaf spinach, pasta pearls, clam cioppino sauce
- *Cedar Plank Roasted Salmon** roasted sweet rainbow carrots, fresh asparagus, red bliss potatoes

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Poultry & Meat

- Springer Mountain Farm All-Natural Grilled Chicken** tamarind glaze, sweet potato mash, pumpkin seeds
- *Wood-Roasted Pork Tenderloin** soft herb polenta, cremini mushrooms, broccoli, shallot-Dijon glaze
- *Grilled Lamb T-Bone Chops** roasted asparagus, truffle mashed potatoes, red wine glaze
- *Oak-Grilled Filet Mignon** cremini mushrooms, rainbow carrots, asparagus, garlic mashed potatoes
- *Piedmontese All-Natural Bone-in Strip Steak, 11 oz.** roasted asparagus, cremini mushrooms, Fingerling potatoes

Desserts

Mini Indulgences... individual servings of classic desserts

award winning
ORIGINAL
MINI INDULGENCE
created & founded 2002
Orlando, Florida

Key Lime Pie

Mocha Macchiato

Chocolate Peanut Butter Mousse

Pecan Pie with Vanilla Mousse

Espresso

Fiji (1 liter)

• Cappuccino

• San Pellegrino (500 ml)

• Hot Tea

• Sparkling Raspberry

• Coffee

Green Tea & Lemonade (zero calories)

Pumpkin Pie with Ginger Snap Crust

Belgian Chocolate Rocky Road

Raspberry Chocolate Chip Cannoli

Market Fresh Fruit