

LUNCH

GARDEN VEGETABLE SOUP	3.75/6.00	<i>soup</i> SOUP DU JOUR	4.50/6.50
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<i>specials</i>			
VEGETABLE STIR FRY - fresh, seasonal vegetables stir-fried in a ginger and garlic soy sauce, served with lo mein noodles			12.00
with chicken, add \$3.50 with shrimp, add \$6.00			
QUESADILLA - grilled vegetables, jack and cheddar cheese, with sour cream, avocado and salsa			12.00
with anchoite seasoned chicken, add \$3.50 with shrimp, add \$6.00			
CHICKEN ENCHILADAS - homemade with curried cilantro cream sauce and served with rice, beans, pico de gallo and sour cream			14.00
KOLDUNAI - Lithuanian style meat dumplings served with crumbled bacon and sour cream			12.00
GRILLED FREE RANGE CHICKEN BREAST - marinated with extra virgin olive oil and herbs, served with vegetables or mixed greens salad, and french fries			14.95
GRILLED FRESH FISH OF THE DAY - served with vegetables or mixed greens salad, and rice or potato			MARKET PRICE

<i>pasta</i>			
PENNE - with homemade marinara sauce and shaved parmesan cheese	with chicken, add \$3.50	with shrimp, add \$6.00	10.00
SPAGHETTINI - with grilled chicken, sun-dried tomatoes, wild mushrooms, fresh tomato-basil sauce and feta cheese			14.00
LEMON LINGUINI - with pan-blackened shrimp, artichoke hearts, sun-dried tomatoes, roma tomatoes, and a garlic basil chardonnay sauce			15.95
LINGUINI WITH GRILLED SALMON - spinach and egg linguini with artichoke hearts, capers, extra virgin olive oil, and lemon champagne dill sauce			14.95
PASTA SPECIAL OF THE DAY - please ask your server			

<i>salads</i>			
<small>all dressing is served on the side unless otherwise noted we happily serve bread with salads on request add grilled chicken to any salad for \$3.50 add grilled shrimp to any salad for \$6.00 add grilled salmon to any salad for \$8.00</small>			
HOUSE - mixed greens, roma tomato, cucumber, carrot, and daikon sprouts with balsamic vinaigrette			7.50
CAESAR SALAD - romaine lettuce, croutons, and shaved parmesan tossed in house made caesar dressing (anchovies on request) *caesar dressing contains raw egg			11.00
CHOPPED SALAD - chopped romaine lettuce, red bell peppers, carrots, cucumber, zucchini, corn, sun-dried tomatoes, scallions, olives, and provolone cheese, served with creamy balsamic dressing			12.00
GRILLED VEGETABLE SALAD - mixed greens with grilled yam, carrot, eggplant, bell pepper, zucchini, bermuda onion, corn, and baby red potatoes, topped with feta cheese and served with creamy balsamic dressing			13.00
MEDITERRANEAN SALAD - mixed greens, cucumber, sun-dried tomatoes, fresh tomatoes, roasted red bell peppers, grilled eggplant, olives, feta cheese, and lemon-olive oil vinaigrette			14.00
VERONIQUE - grilled chicken, carrots, cucumber, tomatoes, toasted almonds and grapes served on a bed of mixed greens with lowfat lemon yogurt dressing			14.00
CHICKEN BELLA - grilled chicken, roasted potatoes, asparagus, basil, pine nuts, shaved parmesan, and mixed greens tossed with pesto vinaigrette			15.00
CHINESE CHICKEN SALAD - sesame crusted chicken, napa cabbage, romaine lettuce, carrots, snow peas, bell peppers, scallions, wontons, and toasted almonds with a sesame-ginger vinaigrette			14.50
GRILLED SALMON SALAD - marinated mushrooms, artichoke hearts, and tomatoes with mixed greens and dill vinaigrette			16.00
CURRIED CHICKEN SALAD - mixed greens with sliced grilled chicken breast, fresh mangos, and toasted almonds, tossed in old-fashioned curry dressing			14.00
CHICKEN TOSTADA - anchoite seasoned chicken, black beans, corn, salsa, guacamole, cheddar and jack cheese, and tri-color tortilla chips on mixed greens with cilantro-lime vinaigrette			14.00
FRESH FRUIT PLATE - seasonal fresh fruit with raisins and walnuts, served with choice of cottage cheese or lemon yogurt			14.00
COBB SALAD - grilled chicken, tomatoes, roasted beets, cucumber, carrots, avocado, hard-boiled egg, bacon, and gorgonzola cheese served over mixed greens with homemade garlic ranch dressing			14.95

<i>sandwiches</i>			
<small>served with choice of french fries, salad, rice pilaf, or fruit. sweet potato fries may be substituted for an additional \$3.00</small>			
HEALTHFUL - roasted peppers, tomatoes, avocado, grilled zucchini, daikon sprouts and gruyere cheese with pesto mayo on a toasted french roll			13.00
B.L.A.T. - bacon, lettuce, avocado, and tomato, with mayo on toasted whole wheat bread			10.50
GRILLED CHICKEN ON CIABATTA - with buffalo mozzarella, fresh tomato, pesto, and arugula			13.00
MONTANA ANGUS BEEF BURGER - freshly ground beef patty served on a kaiser roll with lettuce, tomato, onion and roasted garlic mayo swiss cheddar or jack, add \$1.50 with gorgonzola, add \$2.00 with grilled mushrooms and onions, add \$1.50 with avocado or bacon, add \$1.50			12.50
TURKEY BURGER - with diced grilled vegetables, avocado, sprouts, and mozzarella cheese on a sesame bun			13.00
CALIFORNIA GRILLED CHICKEN SANDWICH - grilled chicken breast, roasted peppers, marinated eggplant, grilled bermuda onions, beef steak tomatoes, goat cheese, and garlic mayo on a homemade rosemary roll, served with a caesar salad			14.00
ALBACORE TUNA SALAD OR FRESH ROAST TURKEY SANDWICH - with lettuce, tomato, sprouts, cucumber and mayo on whole wheat, sourdough or rye bread			12.50
TURKEY CLUB - fresh roast turkey, bacon, lettuce, tomato, whole grain mustard, and mayo on toasted sourdough			13.00
PRIME RIB SANDWICH - with grilled tomato, baby greens, caramelized onions, and herbed horseradish on a toasted french roll			15.00

* FRESH SQUEEZED STRAWBERRY LEMONADE PER GLASS - \$3.50 *