

LO-CARB MENU

SUMMER SALAD W/ TUNA \$8.95

PER SERVING: 506 CALORIES, 48G PROTEIN, 18G CARBS, 28G FAT
tuna, cukes, tomatoes, avocado, celery, radishes, romaine lettuce w/ vinaigrette dressing

CRAB COBB SALAD \$9.95

PER SERVING: 267 CALORIES, 27G PROTEIN, 12G CARBS, 13G FAT
crabmeat, tomatoes, blues cheese, bacon bits, romaine lettuce w/ vinaigrette dressing

GRILLED CHICKEN CAESAR SALAD \$7.95

PER SERVING: 318 CALORIES, 31.8G PROTEIN, 1.6G CARBS, 37G FAT
grilled chicken, romaine lettuce, cheese & bacon bits w/ Caesar dressing

PAN ROASTED STEAK & ONIONS W/ VEGETABLE MEDLEY* \$9.95

(4 OZ. STEAK PER PERSON)
PER SERVING: 239 CALORIES, 24G PROTEIN, 7G CARBS, 12G FAT
flank steak, onions, in Dijon mustard, garlic & balsamic vinegar marinade

ROASTED EGGPLANT & PEPPERS W/ VEGETABLE MEDLEY* \$8.95

PER SERVING: 193 CALORIES, 2G PROTEIN, 16G CARBS, 14G FAT
eggplant, red & green peppers w/ onions & fresh basil

CHICKEN EN PAPILLOTE W/ VEGETABLE MEDLEY* \$8.95

PER SERVING: 144 CALORIES, 27G PROTEIN, 4G CARBS, 2G FAT
chicken breast w/ scallions carrots & zucchini & orange zest

STIR-FRY CHICKEN & VEGETABLES \$8.95

PER SERVING: 232 CALORIES, 23G PROTEIN, 7G CARBS, 13G FAT
chicken breast broccoli green beans red peppers, mushrooms and spinach in soy sauce

***VEGETABLE MEDLEY** PER SERVING: 169 CALORIES, 5G PROTEIN, 15G CARBS, 11G FAT
zucchini, summer squash red pepper and onion sautéed in oil & garlic sauce

SANDWICH ROLL-UPS: 10" YOUR CHOICE OF EITHER TURKEY, ROAST BEEF OR HAM W/
EITHER AMERICAN OR SWISS CHEESE, LETTUCE & MAYO.
ROLLED IN LO-CARB 10" TORTILLA BREAD W/ HOUSE SALAD \$8.95
3oz meat per roll, one roll per person--- tortilla is whole wheat, lo-fat

PER SERVING:

HAM: 278 CALORIES, 16.3 PROTEIN, 7.8 CARBS, 15.1 FAT

ROAST BEEF: 380 CALORIES, 45.9 PROTEIN, 8.6 CARBS, 18.0 FAT

TURKEY: 249 CALORIES, 33.9 PROTEIN, 6.3 CARBS, 18.8 FAT

HOUSE SALAD: 200 CALORIES, 5.3 PROTEIN, 5.4 CARBS, 17.5 FAT

HOUSE DRESSING: 137 CALORIES, .2 PROTEIN, 3 CARBS, 14.2 FAT