



**SIDES**  
**RICE**  
**POTATOES**  
**VEGETABLES**

**Soups (\$4.25 Lg)**  
**(\$3.25 Sm)**

**#1-Chicken Orzo**  
**#2-Cream of Turkey**  
**#3-Escarol, Beans&Chkn Sausage**

**#1 Shrimp Francais \$14.95**

Served w/ Linguini

**#2 Chunky Monkey Smoothies \$6**

Banana & Peanut butter. Add 75C  
(Almond Milk - Coconut Milk - Oat Milk -  
2% Milk - Whole Milk - OJ) \$1 (Ground  
Flax seed - Chia seed - B12 - Multi vitamin  
- \$2Protein - \$2Collagen)

**#3- Salisbury Steak \$13.95**

Served w/ 2 sides

**#4 Pasta Siciliana \$11.95**

W/ Chicken

**#5 Chicken Oreganato \$12.95**

Served over lentil & Spinach

**#6 (1/4) Tikka Chicken \$8.95**

1/4 Chicken Tikka , Served w/ 2  
sides

**#7 Baked Potato \$3.5**

Served w/ butter and sour cream (add \$1.25  
for bacon, \$1 cheddar cheese, \$1 Broccoli,  
\$3 Shrimp, \$2 Chicken)

**#8 Mexican Burger**

(Jack Cheese, Tomato, Grilled  
Onions & Mexican sauce) **\$6.50**

**#9 Pizza Special \$7.5**

**Personal Pie**  
**Buffalo Chicken**

**#10 Eggplant Parm \$7.95**

our famous seasoned eggplant, marinara  
sauce melted mozzarella cheese on hero

**#11 Roast Beef hero**

Swiss cheese, Cole Slaw, Lettuce,  
Tomato & Honey Mustard On hero  
**\$7.95**

**#12 Gyro Platter \$9.95**

Beef or Chicken, Served w/ Rice,  
lettuce, tomato, onion, Peppers,  
Carrots, Cucumber sauce & Pita  
bread.

**#13 California Salad**

Grilled chicken, Fresh Mozzarella,  
Roasted Peppers, Lettuce, Tomato,  
Cucumber & Sliced Egg **\$9.95**

**#14 Italian Hero \$8.50**

Ham, Salami, Provolone, lettuce,  
tomato, onions, oil & Vinegar on  
Italian hero

**#15 Combo Panini \$7.95**

Pastrami, Corned beef, Swiss  
Cheese, Russian Dressing and Cole  
Slaw on European Flatbread

**#16 Chicken fingers**

White strips of chicken fried in 0 trans  
fat oil w/ fries and honey mustard **\$9.75**

**#17 Chicken Salad**

Chicken salad w/ mayonnaise on  
whole wheat toast w/ lettuce &  
tomato **\$7.5**

**Desserts \$3.95**

**Chocolate**  
**Cake**