



SOUNDVIEW/CATERING

SINCE 1988

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Thursday, December 7th 2017

Homemade Soups

Small \$3.95 Large \$4.95

Hot & Sour Vegetable Soup

Bowl of Chili with Mexican Cheeses

Corn, Bacon & Potato

Delicious Hot Entrée Specials

Chef Special Apple Cider & Balsamic Glazed Pork, Cornbread Stuffing, Sautéed Vegetables, Balsamic Glaze \$12.50

DSC GRAIN BOWL! The Mayan, Kale & Quinoa with Radish, Roasted Corn, Fried Chickpeas, Cumin, House Pickled Jalapenos, Black Beans and Diced Avocado with a Creamy Avocado -Cilantro Dressing \$10.25

Cliff's Diet Special Grilled Boneless Breast of Chicken, Your Choice of Herb Grilled, Teriyaki or Blackened, served with Brown Rice and Fresh Steamed Seasonal Vegetables (Gluten in Teriyaki Sauce Only; Dairy Free) \$9.95

Cliff's Diet w/ Salmon Grilled Organic Norwegian Salmon served with Brown Rice and Steamed Seasonal Vegetables (Gluten & Dairy Free) \$12.50

Vegetarian Life Root Vegetable Risotto, Butternut Squash, Roasted Beets, Fennel, Shallots, Sage, Parmesan & Sautéed Spinach \$11.50

Bountiful Fresh Salads

Add Grilled/Blackened Chicken or Tofu for \$3.50; Add Shrimp\$5.50, Salmon for \$7.95 Tuna or Egg Salad \$3.50

Create Your Own Salad We now offer a Fabulous Salad Bar! Every item you can imagine is there for you to design your own spectacular salad – including any items on the salad specials of the day. Have fun creating your perfect salad, and thank you for your patronage!

Salad Specials of the Day! **City Kale** Marinated Kale with Fresh Broccoli, Seasoned Pecans, Grape Tomatoes, Cucumber, Fresh Peppers, Shredded Carrots, and Crumbled Goat Cheese, Served with Olive Oil and Red Wine Vinegar \$9.25

Big Bang Beets Arugula, Roasted Beets, Apples, Pecans, & Feta Dressed With Honey Mustard Dressing \$9.25

Gourmet Style Sandwiches

Add a Side Garden Salad or Caesar Salad for \$6.50 add DSC chips for \$1.95

Skinny Special Lean Turkey Breast, Alpine Lace Swiss Cheese, Honey Mustard, Baby Arugula and Tomato on 12 Grain \$7.95

Hummus Our Fresh Hummus on a Whole Wheat Pita with Field Greens, Tomato & Cucumber \$7.25

The Elm Street Breast of Chicken Cutlet with Roasted Red peppers and Fresh Mozzarella on a Portuguese Roll with Balsamic Drizzle \$7.95

The Prospect Club Fresh Roasted Turkey, Fresh Mozzarella, Bacon, Lettuce, Tomato, Sundried Tomato, and Basil Mayo on French Bread \$7.95

Veggie Egg Salad Fresh Egg Salad with Diced Red Peppers, Green Peppers, Celery, Lettuce, and Tomato on 12 grain \$7.25

DSC Hot Sandwich: **VT Ham Sammy** Baked Ham with Melted Vermont Cheddar, Fresh Apple, Organic Sprouts, and Maple Mustard Sauce on Grilled Country Bread \$8.95

Side Salads: **Thyme Roasted Mushroom & Feta Salad**, Basil Pesto, Pine Nuts, Shallots, Jicama, Shaved Kale & Extra Virgin Olive Oil \$3.50

Sides, Sweets & Treats:

DSC Homemade Potato Chips \$1.95 **Skinny Pop Popcorn (Gluten Free)** \$1.95

Drinks: **RISE Nitro Cold Brew Coffee (No Sugar, No Dairy)** \$4.99

Soundview Trail Mix \$2.95 **Fruit Salad** Sm \$3.50 Lg. \$6.75 **Soda/Snapple/Water** \$1.60

DSC Chocolate & Yogurt Covered Pretzels \$2.50 **Fruit Parfait: Fresh Fruit Salad with Granola and Chobani Yogurt** \$3.50 **Polar Seltzer** \$2.00

Fresh Baked Cookies & Dessert Bars Chocolate Chip, Oatmeal Raisin, Coconut Pecan, Toffee Crunch \$1.75 (2 per pack) **Bars:** Apple Caramel, Lemon, Pecan, Coconut Nut; Brownies \$3.50