



Soup small 4.25 | large 5.25

MORROCCAN LENTIL SOUP
BOWL OF CHILI topped with Mexican cheeses

Entree

CHEF SPECIAL

CHICKEN SALTIMBOCCA | 12.50
Sauteed Chicken Breast with Smoked Ham Topped with Sage Brown Sauce Served over Sauteed Broccoli Rabe with Garlic and Olive Oil, Parmesan Cheese and Parsley Polenta

DSC GRAIN BOWL MANGO MADNESS | 10.25
Cauliflower "Cous Cous", Garlicky Black Beans, Cotija Cheese, Mango Salsa, Jicama, Baby Spinach and Lime Coconut Mango Dressing
Add Grilled/Blackened Chicken or Tofu for \$3.50; Shrimp \$5.50, Salmon for \$7.95 Tuna or Egg Salad \$3.50

CLIFFS DIET SPECIAL

BLACKENED, TERIYAKI OR HERB GRILLED CHICKEN | 9.95
Grilled boneless breast of chicken served with brown rice and Fresh steamed seasonal vegetables
SALMON | 14.50
Grilled Atlantic salmon served over brown rice + vegetables

Dessert

COOKIES | 1.75/pack of two
Chocolate Chip, Harvest Oats, Coconut Pecan, Lemon Cooler
BARS | 3.50
Brownies, Apple Caramel Bar, Lemon Bar, Pecan Bar, Coconut Nut Bar

Sandwiches

SKINNY SPECIAL | 7.95
Boars Head Black Forest Ham & Cheddar Cheese with Pomerey Mustard on Whole Wheat
DAVID'S CROISSANT | 7.95
Honey Maple Ham, Dill Havarti Cheese on a Croissant, Honey Mustard
TBLT | 7.95
Fresh Roasted Turkey, Bacon, Tomato, Lettuce, Tomato, Mayo on 12 Grain
THE PROSECUTOR | 7.95
Roast Beef Frizzled Onions, Horseradish Sauce
CHICKEN CAESAR WRAP | 7.95
Romaine Lettuce, Parmesan Cheese, Caesar Dressing, & Grilled Chicken

HOT SANDWICH OF THE DAY
SHRIMP FAJITA WRAP | 8.95

Grilled Mexican Shrimp with Sautéed Onions and Peppers, Mexican Cheese, Yellow Rice, Fresh Avocado on a Wrap

Salads

THE REEL DEAL SALMON | 14.95
Grilled Atlantic Salmon Filet over Fresh Chopped Kale tossed with Apple, Raisins, Extra Virgin Olive Oil, and Lemon and topped with Toasted Slivered Almonds. Served with Fresh Lemon Wedges
WALNUT BLUE SALAD | 9.25
Mesclun Greens with Toasted Walnuts, Dried Cranberries, Fresh Cucumber, Crumbled Bleu Cheese and Honey Mustard Vinaigrette

CREATE YOUR OWN SALAD BAR | 6.95/8.95
Add grilled/blackened chicken or tofu | 3.50;
Add shrimp | 5.50,
Add salmon | 7.95
Tuna or egg salad \$3.50

Drinks

rise | 4.99
nitro cold brew
can soda | 1.60
snapple | 1.60
water | 1.60
La Croix Seltzer | 1.60

Snacks

DSC potato
chips | 1.95

Soundview trail
mix | 2.95

chocolate + yogurt
pretzels | 2.50

fruit salad
sm. 3.5 lg. 6.75

chobani yogurt | 3.50

Side Salad

Watermelon and
Feta Salad—Fresh
Mint, Chopped
Arugula, Extra Virgin
Olive Oil, Cracked
Black Pepper | 3.50