



*Soup* small 3.95 | large 4.95

- BEEF, LEEK AND BARLEY SOUP**
- SMOKED TOMATO BISQUE**
- BOWL OF CHILI** topped with Mexican cheeses

*Entree*

*CHEF SPECIAL*

- SWEET THAI CHILI BROILED SALMON | 12.50**  
Served over Jasmine Rice and Steamed Seasonal Vegetables

- DSC GRAIN BOWL THE FORBIDDEN RICE BOWL | 10.25**  
*Chinese Black Rice, Chopped Kale, Toasted Peanuts, Pickled Red Onions, Baby Bok Choy, Roasted Beets, Carrots and Mango Beet Dressing on the side*  
Add Grilled/Blackened Chicken or Tofu for \$3.50; Shrimp \$5.50, Salmon for \$7.95 Tuna or Egg Salad \$3.50

- VEGETARIAN LIFE | 11.50**  
Three Cheese Ravioli Topped with Pesto Sauce and Served with Broccoli Rabe

*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 | 12.50**  
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**  
Grilled Chicken, Baby Arugula, Cucumber and Cranberry Orange Compote on 12 Grain **HUMMUS | 7.25**

- On a Whole Wheat Pita with Field Greens with Tomato and Cucumber **ROAST BEEF WITH HOT PEPPERS | 7.95**  
Shaved House Roast Beef (preservative free!) on a Rye Bread with Hot Peppers, Baby Spinach, tomato and Chipotle Mayo

*HOT SANDWICH OF THE DAY*  
**REUBEN | 8.95**

- Corned Beef, Swiss cheese, Sauerkraut and Russian dressing on a Rye Bread served with Pickles and DSC Chips

*Salads*

- TAI-KALE-DO | 9.25**  
Shredded Kale with Thai Greens Salad (Julienned Carrots, Cabbage, & Mushrooms) Cilantro, Coconut, Peanuts & Tossed With Lime Herb Dressing (Contains Fish Sauce)
- CRUNCHY ASIAN SALAD | 9.25**  
Baby Spinach, Shredded Carrots, Cucumber, Red Peppers, Sugar Snap Peas, Red Onion, Peanuts, Toasted Sesame Seeds, Peanut 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 Sparkling Water | 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 | 3.25

*Side Salad*

- Freekeh Salad with Corn, Baby tomatoes, Arugula, Grilled Red Onions and Sherry Vinaigrette | 3.50