



Soup small 4.25 | large 5.25

JAMAICAN BEEF SOUP

BOWL OF CHILI topped with Mexican cheeses

Entree

CHEF SPECIAL

CHICKEN MARSALA | 12.50

Sautéed Boneless Chicken Breast with Mushroom, Sweet Marsala Sauce over Rice Pilaf and Fresh 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

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

WEDNESDAY MAY 16, 2018

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

AVOCADO TOAST | 8.95

With Pepperjack Cheese, Grilled Tomatoes on a Sourdough Bread with DSC Chips

Salads

ARUGULA PUTTANESCA | 9.25

Marinated Fresh Mozzarella, Hot Cherry Peppers, Grape Tomatoes, Red Onion and Fresh Basil over Baby Arugula, served with Balsamic Vinaigrette

KALE-A-BUNGA | 9.25

Marinated Chopped Kale with Clementine, Radishes, Sunflower Seeds, Radishes, Cilantro, Pepitas, Crumbled Feta, House 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

Farro Salad with

Roasted Beets,

Cucumber, Toated

Pepitas, Mint

Vinaigrette | 3.50