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Soup small 4.25 | large 5.25

TUSCAN AND WHITE BEAN SOUP WITH CHICKEN BOWL OF CHILI topped with Mexican cheeses

Entree

CHEF SPECIAL

LEMON THYME ROASTED CHICKEN THIGHS | 12.50

Boneless Chicken Thighs with Farro Butternut Pilaf and Grilled Summer Squash

DSC GRAIN BOWL-- "WHAT THE FREEKEH?" | 10.25

Roasted Sweet Potato and Freekeh Salad, Mediterranean Spiced Chick Peas, Herbed Feta Cheese, Pomegranate Seeds, Giardiniera Rainbow Carrots, Chopped Romaine and Lemon Oregano 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 | 13.95

Grilled Atlantic salmon served over brown rice + vegetables

Dessert

COOKIES | 1.75/pack of two

Chocolate Chip, Harvest Oats, Coconut Pecan, Lemon Cooler

BROWNIES | 3.50

MONDAY APRIL 15, 2019

Sandwiches

THE MAINSAIL | 8.75

Roasted Turkey Breast, Sliced Tomato, Fresh Mozzarella and Baby Arugula with Mayo on Whole Wheat Bread

THE CATARINA | 8.75

Chicken Cutlet, Arugula and Spicy Italian Pickled Vegetable Relish on a Baguette

THE GOLD COAST | 8.75

Hummus, Mesclun Greens, Cucumber, Tomato, Grilled Peppers and Grilled Zucchini on a Whole Wheat Wrap

THE SPINNAKER | 8.75

Shaved Ham, Gruyere Cheese and sliced Green Apple with Honey Mustard on a Croissant

HOT SANDWICH OF THE DAY

KOPY KATZ | 8.95

Hot Shaved Pastrami on Pretzel Bread with Melted Swiss & Spicy Mustard

DSC PANINI | 8.95

Sliced Turkey Breast, Provolone, Sweet & Spicy Apple Slaw, Dijonnaise on Crispy Grilled Bread

Salads

SOUTHERN RANCH TACO | 12.75

Blackened Chicken, Romaine Lettuce, Tortilla Trips, Fresh Avocado, Shredded Cheddar Cheese, Tomato, Cucumber, & Ranch Dressing

ASIAN KALE | 9.25

Marinated Chopped Kale, Avocado, Edamame, Shredded Carrots and Sliced Radishes with Cashews and Crispy Wontons with Sesame Ginger Dressing

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 | 3.99

nitro cold brew
Teatulia Organic Tea

Soda | 3.95

can soda | 1.60

snapple | 1.60

water | 1.60

La Croix Seltzer | 1.60

Cross Culture.

Kombucha 4.99

Snacks

DSC potato
chips | 2.50

Soundview trail
mix | 2.95

fruit salad

sm. 3.5 lg. 6.75

chobani yogurt | 3.50

Side Salad

Roasted Beets

Salad—Toasted

Walnuts, Mandarin

Oranges, Fresh Mint,

Sherry

Vinaigrette | 3.50