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Soup small 4.25 | large 5.25

- ASAPAO DE CAMARONES -PUERTO RICAN SHRIMP AND RICE SOUP
- VEGETARIAN MINESTRONE
- BOWL OF CHILI topped with Mexican cheeses

Entree

CHEF SPECIAL

MEAT LASAGNA | 12.50

House made Three Meat Lasagna Served with a Side Garden Salad and Garlic Bread

RAMEN BOWL

PORK BELLY RAMEN | 12.50

with Carrot Ribbons, Soy Sauce Egg, Shiitake Mushrooms, Radishes, Umami Broth

DSC GRAIN BOWL THE SIDDHARTHA | 10.25

Mustard Greens and Kale, Spicy Dal, Roasted Carrots, Roasted Broccoli, Pickled Apples, Nigella Seeds, Lemon Coconut Curry 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

BAR | 3.50

Brownies, Apple Caramel Bar, Lemon Bar, Pecan Bar, Coconut Nut Bar

THURSDAY DECEMBER 6, 2018

Sandwiches

SKINNY SPECIAL | 7.95

Lean Turkey Breast, Alpine Lace Swiss cheese, Honey Mustard, Baby Arugula and Tomato on 12 Grain

KALE SALAD WRAP | 7.25

Fresh Chopped Kale, Tomato, Onions, Peppers, Black Olives, Shredded Carrots, David's Dijon Balsamic, Whole Wheat Wrap

THE ELM STREET | 7.95

Breast of Chicken Cutlet with Roasted Red peppers and Fresh Mozzarella on a Portuguese Roll with Balsamic Drizzle

THE PROSPECT CLUB | 7.95

Fresh Roasted Turkey, Fresh Mozzarella, Bacon, Lettuce, Tomato, Sundried Tomato, and Basil Mayo on French bread

HOT SANDWICH OF THE DAY

BAURU | 8.95

Brazilian Roast Beef with Tomatoes, Pickles, Melted Fresh Mozzarella on Portuguese Roll

Salads

KRAZY ABOUT KALE | 9.25

Marinated Kale with Crispy Bacon, Asiago Cheese, Homemade Croutons, Hard Boiled Egg & Sliced Red Onions, Served With Caesar Dressing

SPINACH GOUDA | 9.25

Baby Spinach With Grated Smoked Gouda Cheese, Artichoke Hearts, Toasted Pine Nuts, Chick Peas, Cucumber, David's Dijon 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 | 3.99

nitro cold brew

mocha latte

classic latte

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

fruit salad

sm. 3.5 lg. 6.75

chobani yogurt | 3.50

Side Salad

| 3.50