

Soup small 3.95 | large 4.95

TURKEY & VEGETABLE SOUP

BLACK BEAN SOUP

BOWL OF CHILI topped with Mexican cheeses

Entree

CHEF SPECIAL

JAMAICAN YELLOW CHICKEN CURRY | 12.50

Served with Red Beans and Rice with Fresh Sautéed Green Beans

DSC GRAIN BOWL "Winter Roast" | 10.25

Wheat berries with Parsley and Thyme, Roasted Sweet Potatoes, Fennel, Parsnips, Beets and Daikon Radish on a Bed of Baby Spinach with a side of Lemon Herb Dressing
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

Garlic Baked Tofu Tossed in a Asian Garlic Sauce Served over Lemon Grass Jasmine Rice and Fresh Seasonal Vegetables

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



Drinks

rise | 4.99
nitro cold brew
can soda | 1.60
snapple | 1.60
water | 1.60
polar seltzer | 2.00

Snacks

DSC potato chips | 1.95

Soundview trail mix | 2.95

chocolate + yogurt pretzels | 2.50

fruit salad
sm. 3.5 lg. 6.75

parfait with chobani yogurt, fruit, granola | 3.50

Side Salad

Shaved Fennel, Snow peas, celery salad with Mozzarella, sunflower seeds, citrus dressing | 3.50

TUESDAY FEBRUARY 13, 2018

Sandwiches

SKINNY SPECIAL | 7.95

Grilled Chicken, Baby Arugula, Cucumber and Cranberry Orange Compote on 12 Grain

WALDORF CHICKEN SALAD | 7.95

with crisp Apple, Cranberries, Pecans and Red Grapes on Cranberry Nut Bread

GRILLED CHICKEN | 7.95

Sliced Grilled Chicken Breast with Pepper jack Cheese and Pesto on a Roll

ROASTED RED PEPPERS & MOZZARELLA | 7.25

With Lettuce, Tomato, Cucumbers and Pesto Mayo

SOUNDVIEW TURKEY | 7.95

Roasted Turkey, Smoked Gouda, Roasted Peppers, Baby Spinach, Tomato, Spicy Brown Mustard on a Roll

HOT SANDWICH OF THE DAY

DR. MAC | 8.95

Chicken Cutlet, Bacon, Melted American cheese, BBQ Sauce on a Kaiser Roll

Salads

KIM KALE-DASHIAN | 12.75

Marinated Fresh Chopped Kale with Roasted Butt-ernut Squash, Crumbled Goat Cheese, Toasted Pumpkin Seeds, Served with Honey Balsamic Vinaigrette

WALNUT ARUGULA | 9.25

Baby Arugula with Avocado, Walnuts, Red Grapes, Cucumber, Jicama and Davids 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