



Soup

small 4.25 | large 5.25

MANHATTAN SHRIMP CHOWDER

BOWL OF CHILI topped with mexican cheeses

Entree

CHEF SPECIAL

EGGPLANT PARMESAN | 12.50

Served over Spaghetti with Garlic Bread

DSC GRAIN BOWL—I'M GREEKIN OUT| 10.25

Chopped Lettuce, Ancient Grains with Roasted Peppers and Kalamata Olives, Honey Glazed Walnuts, Smoked Chick Peas, Spiced Feta and Tomato Basil 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 with steamed 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

BLACKENED CHICKEN CAESAR WRAP | 7.95

Cajun Spiced Blackened Chicken with Romaine Lettuce, Parmesan Cheese and House made Caesar Dressing on a Wrap

SALSA CHICKEN WRAP | 7.95

grilled chicken, fire roasted tomato salsa, sharp cheddar & mesclun in a sundried tomato wrap

HOT SANDWICH OF THE DAY

LANA DEL REY | 8.95

Freshly Breaded Chicken Cutlet, Roasted Garlic Aioli, Arugula, Tomato, and Fresh Avocado on Panini Grill Pressed Ciabatta Bread

DSC PANINI | 8.95

California Ham—Shaved Ham, Caramelized Onions, Avocado Mash, Monterey Jack, House made Sweet and Spicy Mustard on Sourdough

Salads

SICILIAN CAESAR | 9.25

Romaine Lettuce with Sweet & Hot Peppers, Olives, Portobello Mushrooms, Tomatoes, Parmesan Cheese, Croutons and Caesar Dressing

EDAMAME KALE | 9.25

Fresh Marinated Chopped Kale with Edamame, Blanched Broccoli, Purple Cabbage, Shredded Carrots, Chick Peas, Dried Cranberries, Toasted Pecans & Herbed 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

Brew DR. Kombucha

3.99

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

Mexican Street Corn

Salad- with Jalapeno

Peppers, Cotija

Cheese, Cilantro and

Citrus Aioli | 3.50