



Soup

small 4.25 | large 5.25

CUBAN BLACK BEAN SOUP WITH BACON

BOWL OF CHILI topped with Mexican cheeses

Entree

CHEF SPECIAL

COCONUT SHRIMP | 12.50

With Sweet Chili Dipping Sauce, Charred Pineapple Rice and Sautéed Spinach

DSC GRAIN BOWL—BIG BAMBOO | 10.25

Mixed Baby Greens, Fragrant Bamboo Rice, Sweet and Sour Pickled Vegetables, Harissa Beet Apple Slaw and Preserved Lemon 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

CATCH OF THE DAY | 8.95

Fried Flounder with Lettuce, Tomato, Pickled Red Onion and Tartar Sauce on a Hard Roll

Salads

HARVEST COBB SALAD | 9.25

Romaine Lettuce, Bacon, Hardboiled Egg, Sliced Apples and Pears, Candied Pecans, Dried Cranberries and crumbled Goat Cheese with our Balsamic Vinaigrette

SEDONA SALAD | 9.25

Mesclun Greens with Fresh Sliced Mango, Black Beans, Gorgonzola Cheese, Cucumber and 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

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

Bulghur Wheat

Salad-with Dried

Blueberries, Apricots

and Pepitas, Herb

Vinaigrette | 3.50