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Soup small 4.25 | large 5.25

ROASTED VEGETABLES AND QUINOA SOUP
BOWL OF CHILI topped with Mexican cheeses

Entree

CHEF SPECIAL

STEAK TERIYAKI | 12.50

Marinated Flank Steak Topped with Teriyaki Sauce over Pineapple Water Chestnut Fried Rice and Steamed Broccoli

DSC GRAIN BOWL THE POM POM BOWL | 10.25

Fresh Strawberries, Dried Blueberries, Pomegranate Seeds, Jicama, Goat Cheese, Quinoa, Baby Greens and Pomegranate Honey 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 | 14.50

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

TUESDAY JULY 10, 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

HUMMUS | 7.25

Our Fresh Hummus on a Whole Wheat Pita with Field Greens, Tomato and Cucumber

ROAST BEEF WITH HOT PEPPERS | 7.95

Shaved House Roast Beef (Preservative Free!) on Rye Bread with Hot Peppers, Baby Spinach, tomato and Chipotle 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

STEAK FAJITAS | 8.95

Grilled Steak with Peppers and Onions, Mexican Rice and Beans on Soft Flour Tortilla

Salads

CAPRESE KALE | 9.25

Marinated Fresh Chopped Kale with Grape Tomatoes, Fresh Mozzarella Pearls, Seasoned Pecans, & Tomato Basil Vinaigrette

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 | 4.99

nitro cold brew

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

chocolate + yogurt
pretzels | 2.99

fruit salad
sm. 3.5 lg. 6.75

chobani yogurt | 3.50

Side Salad

Cauliflower, Lentil &
Chick Pea Salad with
Feta Cheese and Red

Wine Vinaigrette
| 3.50