



*Soup* small 4.25 | large 5.25

**VEGETARIAN SPLIT PEA SOUP WITH SWEET POTATO BOWL OF CHILI** topped with Mexican cheeses

*Entree*

*CHEF SPECIAL*

**LOMO SALTADO | 12.50**

Peruvian Beef Stir Fry with Tomatoes, Onions and French Fries Served over Rice with a side of Aji Amarillo

*DSC GRAIN BOWL—MELON MOJITO | 10.25*

Baby Arugula, Quinoa, Yellow Tomatoes, Watermelon, Fresh Mint, Crumbled Feta, Toasted Pine Nuts, Fresh Cracked Peppers, lemon Dressing, Balsamic Glaze

*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

**GHIRARDELLI TRIPLE CHOCOLATE BROWNIE | 3.50**

*Drinks*

David's Organic Honey Iced Tea | 2.99  
David's Organic unsweetened Iced Tea | 2.99  
Rise nitro Cold Brew Coffee | 3.99  
Teatulia Organic Tea Soda | 3.95  
can soda | 1.60  
snapple | 1.60  
water | 1.60  
La Croix Seltzer | 1.60  
Cross Culture.  
Kombucha 4.99

*Snacks*

DSC potato chips | 2.50  
Soundview trail mix | 2.95  
fruit salad sm. 3.5 lg. 6.75  
chobani yogurt | 3.50

*Side Salad*

Grilled Pear Salad- with Shaved Fennel, Celery and Lemon Vinaigrette | 3.50

*Sandwiches*

**THE REEF KNOT | 9.75**

Blackened Salmon, Romaine Lettuce and house-made Parmesan Crisps with classic Caesar Dressing on a Wrap

**THE NAVIGATOR | 8.75**

Ham, Salami, Provolone, Capicola, Hot Peppers, Iceberg Lettuce and Tomato with Olive Oil and Vinegar on a Baguette

**THE SIREN | 8.75**

Shaved Roast Beef, Arugula, Tomato, Pickled Red Onion and Shaved Parmesan Cheese with Chimichurri on Ciabatta

**THE QUARTERDECK | 8.75**

Grilled Chicken Breast topped with Pesto Spread and shaved Parmesan Cheese, with Lettuce, Tomatoes & Thin-Sliced Red Onions on toasted Ciabatta Bread

*Salads*

**PROSCIUTTO & MELON | 9.25**

Thinly Sliced Prosciutto, Fresh Cantaloupe & Honey Dew over Baby Arugula with Walnuts, Cucumber, and Crumbled Feta Cheese, served with Honey Mustard Vinaigrette

**PURPLE HAZE KALE | 9.25**

Marinated Chopped Kale, Purple Cabbage, Beets, Edamame and Red Grapes, topped Crumbled Goat Cheese and Toasted Pine Nuts and served with Olive Oil & Red Wine Vinegar

**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