



Soup small 4.25 | large 5.25

- BEEF AND MUSHROOM BARLEY**
- CORN MISO CHOWDER**
- BOWL OF CHILI** topped with Mexican cheeses

Entree

ST. PAT'S SPECIAL | 12.50

Slow Cooked Mosey Corned Beef Brisket served with Braised Cabbage, Boiled Red Bliss Potatoes, Baby Carrots and a Side Mustard (Gluten and Dairy Free)

SHEPHERD'S PIE | 12.50

A Classic Traditional St. Patrick's Day Dish: Seasoned Ground Beef layered with Peas, Corn, & Mashed Potatoes baked & topped with Brown Gravy – All you need is a pint of Guinness! (Gluten, Dairy)

DSC GRAIN BOWL—EAST WEST BOWL | 10.25

Soba Noodle Salad with BBQ Tofu, Garlic Roasted Broccoli, Honey Sriracha Brussel Sprouts, Pickled Red Onions, Purple Potatoes, Chopped Kale, Jalapeno Cilantro Lim 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 + 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

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

THE SLOOP | 8.75

Shaved Prosciutto, Tomato and Fresh Mozzarella with Basil Pesto on a Baguette

THE GOLD COAST | 8.75

Hummus, Mesclun Greens, Cucumber, Tomato, Grilled Peppers and Grilled Zucchini on a Whole Wheat Wrap

THE HELM STREET | 8.75

Chicken Breast Cutlet, Roasted Red Peppers, Fresh Mozzarella with Balsamic Drizzle on a Portuguese Roll

HOT SANDWICH OF THE DAY

GUINNESS BRAISED SHORT RIB TACOS | 8.95

Pickled Cabbage, Potato Stix and Green Crema

Salads

KALE-IDOSCOPE | 9.25

Marinated Fresh Kale with Radicchio, Artichoke Hearts, Edamame, Hard Boiled Egg, & Toasted Almonds Served with David's Dijon Vinaigrette

THE ISLANDER | 9.25

Mesclun Greens with Pineapple, Cucumbers, Red and Yellow Peppers, Green Beans, Carrots, Onions, Crispy Wontons, Macadamia, Sesame Seed and Asian Sesame 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

Cross Culture

Kombucha 4.99

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

Shaved Fennel, Snow

Peas and Celery

Salad- with

Mozzarella &

Sunflower Seeds,

Lemon Dressing

| 3.50