



Soup small 4.25 | large 5.25

JAPANESE SHABU SHABU

(Aromatic Broth with Beef, Tofu, Vegetables and Noodles)

BOWL OF CHILI topped with Mexican cheeses

Entree

CHEF SPECIAL

TANDOORI CHICKEN | 12.50

Served over Jasmine Rice and Fresh Grilled Vegetables

DSC GRAIN BOWL—“ONE LOVE” BOWL | 10.25

Black Bean and Coconut Rice Salad, Buffalo Tofu, Sliced Peppers, Grilled Pineapple, Romaine Lettuce and Spiced Hemp Ranch 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

GHIRARDELLI TRIPLE CHOCOLATE BROWNIE | 3.50

Drinks

- rise | 3.99
- nitro cold brew
- 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

- Sweet and Tangy Melon Slaw | 3.50

WEDNESDAY MAY 15, 2019

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

HOT SANDWICH OF THE DAY

SMOKIN GRILLED CHEESE | 8.95

Buffalo Chicken Grilled Cheese, Hot Sauce, Carrot, Celery, Onion, Cheddar, Blue Cheese on a Panini

DSC PANINI | 8.95

Spinach, Artichoke, Banana Peppers, Provolone Melt on a Country White Bread

Salads

SKINNY GRILLED BUFFALO | 12.75

Mesclun Lettuce, Shredded Carrots, Cherry Tomatoes, Diced Celery, Crumbled Blue Cheese, Avocado, Grilled Buffalo Chicken Breast with Ranch Dressing

UP S-KALE SALAD | 9.25

Marinated Chopped Kale, Crisp Apple Slices, Roasted Beets, Crumbled Goat Cheese, Crunchy Jicama and Chopped Seasoned Pecans with House Pomegranate Ginger Dressing

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