

LUNCH MENU

STARTERS

FRIED CALAMARI RINGS

Tangy Tomato Sauce

CREAM OF SPINACH

CHILLED ESSENCE OF FENNEL AND CELERY

Served with a Garlic Bruschetta

MEDLEY OF GARDEN AND FIELD GREENS

Choice of Dressing

MAIN COURSES

NICOISE SALAD

*Hearts of Romaine Lettuce, Tuna Chunks, Potato Slices, Green Beans, Tomato Wedges and Anchovy
Served with Traditional Vinaigrette Dressing*

PHILLY STEAK SANDWICH

Hoagie with Shredded Beef, Onion and Cheese

LINGUINI GIGETTO

*Light Brown Tomato Cream Sauce with Julienne of Tomatoes and Hickory Smoked Ham
Freshly Grated Parmesan Cheese*

SALMON PAILLARD

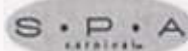
*Grilled Fillet of Pacific Salmon on Lemon Dill Sabayon
Steamed Vegetable Julienne, Nature Potato*

CHICKEN PARMIGIANA

*Pan-Fried Supreme of Chicken, Baked with Mozzarella Cheese
Served over Trennetta Neapolitan*

CREATE YOUR OWN BURGER

*Freshly Grilled Lean Beef Burger on Toasted Sesame Bun with Crisp Shoestring Potatoes
American Cheddar Cheese, Sautéed Onions, Bacon, Guacamole, Sautéed Mushrooms, Chili con Carne
Pick Your Choice of Topping*



*These Items are Lower in Calories, Sodium, Cholesterol and Fat. Salads are prepared with Diet Dressing.
Calorie Count and Fat Content can vary up to 10%*

CREAM OF SPINACH

234 Calories, 16 gram of Fat

MEDLEY OF GARDEN AND FIELD GREENS

44 Calories, 3 gram of Fat

SALMON PAILLARD

391 Calories, 18 gram of Fat

DESSERTS

PINA COLADA CAKE

Lower in Calories and Sweetened with Sugar Substitute

CHOCOLATE ÉCLAIR

GRAND MARNIER CHEESECAKE

ICE COUPE "JACQUES"

Vanilla and Strawberry Ice Cream, Fruit Cocktail and Whipped Cream

ICE CREAM & SHERBETS

Vanilla, Chocolate, Strawberry, Orange, Pineapple

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LUNCH MENU

STARTERS

ANTIPASTO

Selection of Popular Italian Appetizers

OLD FASHIONED GERMAN LENTIL SOUP

CHILLED ORANGE SOUP

Chilled Orange Soup with Tapioca Pearls

MEDLEY OF GARDEN AND FIELD GREENS

Choice of Dressing

MAIN COURSES

NEPTUNE'S CHEF SALAD

*Hearts of Iceberg Lettuce, Greenland Baby Shrimps, Poached Ocean Scallops
Alaskan Snow Crab Meat and Fresh Pacific Salmon
Garnished with Tomato Wedges and Watercress
Served with Your Choice of Dressing*

OVEN FRESH WHOLE WHEAT BAGUETTE FILLED WITH:

Shredded Lettuce, Sliced Tomato and Creamy Tuna Salad

HAY AND STRAW

*Egg Fettuccini and Spinach Fettuccini Tossed in Tomato Sauce with Sundried Tomatoes, Garlic and Basil
Freshly Grated Parmesan Cheese*

PAN FRIED FILLET OF IDAHO RAINBOW TROUT ALMONDINE

Golden Butter and Toasted Almond Slivers

CHINESE PEPPER STEAK

*Stir Fried Lean Beef, Peppers, Onions and Pineapples
Sprinkled with Toasted Sesame Seeds and Served with Steamed Rice*

CREATE YOUR OWN BURGER

*Freshly Grilled Lean Beef Burger on Toasted Sesame Bun with Crisp Shoestring Potatoes
American Cheddar Cheese, Sautéed Onions, Bacon, Guacamole, Sautéed Mushrooms, Chili con Carne
Pick Your Choice of Topping*



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CHILLED ORANGE SOUP

105 Calories, 0 gram of Fat

MEDLEY OF GARDEN AND FIELD GREENS

44 Calories, 3 gram of Fat

HAY AND STRAW

482 Calories, 12 gram of Fat

DESSERTS

GINGERBREAD CAKE

Lower in Calories and Sweetened with Sugar Substitute

APPLE HOLLANDER

TROPICAL FRUIT TERRINE

CHOCOLATE SUNDAE

Vanilla Ice Cream, Chocolate Sauce, Whipped Cream and Toasted Almonds

ICE CREAM & SHERBETS

Vanilla, Chocolate, Strawberry, Orange, Pineapple

LUNCH MENU

STARTERS

BELGIAN ENDIVE WITH MARINATED SALMON
Dill and Yogurt Dressing

POTAGE PARISIENNE
Potato Soup with Leeks and Chives

CHILLED BANANA AND BUTTERNUT SQUASH SOUP

MEDLEY OF GARDEN AND FIELD GREENS
Choice of Dressing

MAIN COURSES

HALF PAPAYA FILLED WITH POACHED OCEAN SCALLOPS
Crisp Cucumber, Tomato and Watercress, Served with Low Calorie Dressing

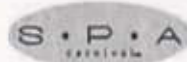
WHALER SANDWICH
*Thin Sliced Roast Sirloin of Beef on Freshly Baked Bun
Refried Beans, Breaded Onion Rings, Crisp Slaw*

LINGUINI AL GENOVESE
Tossed with a Basil, Pine Nut, Garlic, Pecorino Cheese and Virgin Olive Oil Sauce

GRILLED LEMON SOLE FILLET
Golden Butter with Baby Capers and Lime Juice

SOUTHERN FRIED CHICKEN
Oven Warm Corn Bread, Country Gravy and Fried Parsley

CREATE YOUR OWN BURGER
*Freshly Grilled Lean Beef Burger on Toasted Sesame Bun with Crisp Shoestring Potatoes
American Cheddar Cheese, Sautéed Onions, Bacon, Guacamole, Sautéed Mushrooms, Chili con Carne
Pick Your Choice of Topping*



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CHILLED BANANA AND BUTTERNUT SQUASH SOUP
167 Calories, 4 grams of Fat

HALF PAPAYA FILLED WITH POACHED OCEAN SCALLOPS
263 Calories, 2 grams of Fat

DESSERTS

BANANA ECLAIR

SWISS TRUFFLE SLICE

COCONUT SNOW BALLS WITH CHOCOLATE SAUCE

ICE COUPE COTE D'AZUR

Orange Sherbet and Strawberry Ice Cream Topped with Orange Segments and Crème Chantilly

ICE CREAM & SHERBETS

Vanilla, Chocolate, Strawberry, Orange, Pineapple