



SOUPS

Choose to begin your restoration with one of these:

Creamy or Vegetable Based	\$4.50
French Onion	\$5.50

APPETIZERS

Fried Mozzarella Sticks – served with marinara sauce	\$5.95
Grilled Vegetables – zucchini, squash, eggplant, green & red pepper. Served with pesto sauce & thousand Island	\$4.95
Stuffed baked potato – choice of mushroom, broccoli or spinach covered with melted cheese	\$7.95
Quesadillas – choice of mixed cheese, cheese & vegetables, or cheese, mushroom & corn	\$6.95
Pizza Quesadillas – mixed cheese with marinara sauce	\$6.95
Stuffed Mushrooms – served with special house sauce	\$5.95
Bruchetta	\$5.95
Fried potato skin – served with marinara sauce & melted cheese	\$5.95
Nachos for two	\$7.95

SALADS

Dressing – Balsamic Vinaigrette, Japanese Orange Ginger, Thousand, Caesar, creamy Italian and honey Dijon

Teriyaki Salmon Salad	\$10.95
Fisherman's Salad – Salmon, Tuna & Red Snapper with avocado tomato, sprouts on a bed of salad	\$13.95
Tuna Nicoise Salad – Grilled Tuna, olives, hard boiled eggs, tomatoes & pickles served with vinaigrette on a bed of salad	\$10.95
Greek Salad – feta cheese, olives, cucumbers, red onions, tomatoes on a bed of lettuce with vinaigrette	\$7.95
Caesar Salad – hearts of romaine, croutons, parmesan cheese served with a creamy dressing	\$7.95
Avocado Salad – diced with tomatoes, cucumbers, red onions & romaine lettuce with a pesto mayo dressing	\$8.95
Central Perk Salad – tomatoes, cucumbers, peppers, chick peas, kidney beans, scallions, avocado on a bed of lettuce	\$7.95
Mixed Diced Salad Served with a Scoop of Tuna – includes cucumbers, tomatoes, peppers, pickles, olives, onions & lettuce	\$8.95
Tropical Salad- Mango, strawberries, almonds, craisins, over baby spinach served with a raspberry vinegar dressing	\$8.95

PASTAS

Penne Vodka	\$10.95
Penne Marinara	\$9.95
Fettuccine Alfredo	\$10.95
Angel Hair with Tomato Basil	\$10.95
Angel Hair with Stuffed Mushrooms	\$10.95
Penne with Pesto Cream Sauce	\$10.95
Fettuccine Ala Funghi – (cream sauce and portabella mushroom)	\$10.95
Baked Ziti served with Salad	\$10.95
Baked Cheese Penne	\$10.95
Tortellini	\$10.95
Ravioli	\$10.95
Penne Cream of Mushroom	\$10.95
Fetuccini with Salmon & asparagus (served in alfredo sauce)	\$15.95
Whole Wheat Linguine Stirfry	\$10.95
Whole Wheat Penne in Cream of Broccoli	\$10.95

PANINI

Your choice of either whole wheat or plain

Falafel – techina sauce, lettuce & tomato's	\$7.95
Avocado	\$7.95
Roast Eggplant & Portabella Mushrooms – with basil, melted cheese, tomatoes & lettuce	\$7.95
Tuna Melt	\$7.95
Zucchini & Squash – melted mozzarella with marinara sauce	\$7.95
Eggplant Parmigiano	\$7.95
Grilled Vegetables – eggplant, zucchini, squash & peppers with pesto sauce	\$7.95
Roasted Pepper & Eggplant – melted cheese & pesto sauce	\$7.95
Fried Fish with Mayonnaise	\$9.95
Roasted Pepper & Portabella Mushroom – with basil, melted cheese, tomatoes & lettuce	\$7.95
Grilled Cheese	\$6.95

WRAPS

Choice of Sun-dried Tomato, Whole Wheat or White.

Salmon – mixed with a dill horseradish sauce wrapped with lettuce and tomato	\$9.95
Falafel – served with lettuce, tomatoes & tahina sauce	\$7.95
Veggie Burger – served with lettuce, tomatoes & mustard mayo	\$7.95
Grilled Vegetable – zucchini, yellow squash, eggplant, green pepper and tomato with a little pesto sauce.	\$6.95
Fish Burrito – red snapper with avocado, lettuce, cilantro & tomato salsa	\$9.95
Avocado – avocado with pesto mayo sauce, lettuce & tomatoes	\$7.95
Tuna Salad	\$7.95
Roasted Pepper & Eggplant – melted cheese & pesto sauce	\$7.95
Roasted Pepper & Portabella Mushroom – melted cheese & pesto sauce	\$7.95
Salmon Burger– served with lettuce, tomato and tartar sauce	\$9.95

FISH

Served with steamed vegetables or fiesta salad and baked potato, mashed potatoes or roasted potatoes.

Cajun Sole	\$15.95
Cajun Tuna	\$16.95
Chilean Sea Bass – with porcini mushrooms	\$19.95
Chilean Sea Bass – sauted in saffron sauce	\$19.95
Pan-Seared Tuna – with sauted scallions	\$16.95
Sole Francaise	\$15.95
Teriyaki Salmon	\$15.95
Honey Mustard Glazed Salmon	\$15.95
Poached Salmon	\$15.95
Broiled Sole	\$15.95
Fish & Chips – served with French fries	\$15.95
BBQ Red Snapper – served with French fries and salad	\$15.95
Salmon in Cream of Dill & Asparagus Sauce	\$15.95
Tilapia – sauted in pistachio sauce	\$19.95
Grilled Tuna Steak	\$16.95
Tilapia – with porcini mushrooms	\$19.95
Boiled Chilean Seabass	\$19.95

ENTREES

Vegetable Stir Fry – served with brown rice	\$8.95
Eggplant Parmigiano – served with salad	\$9.95
Salmon Burger – served with salad	\$10.95
Veggie Burger – served with French fries	\$7.95
Pizza – add \$1.00 for any topping on whole wheat or plain dough (or served on open wrap)	\$6.95
Zucchini & Squash – with Melted Cheese & Marinara Sauce – served with salad	\$9.95
Open Grilled-Tuna Steak Sandwich – bbq sauce, melted cheese, sauteed onions & fries	\$9.95