

THE LIGHTER SIDE OF “THE ART OF ENTERTAINING”



INTRODUCING



HEALTHY CHOICES



LOW-FAT & LOW CALORIES



SATISFYING



NUTRITIONAL VALUES INCLUDED

SALADS

MEXICAN TURKEY SALAD

Bed of greens with sliced turkey, cheddar cheese, cucumber, black beans & corn. Served with homemade pico, cilantro & lime salsa.

Calories: 300 Fat: 9 grams Fiber: 2 grams
\$7.95

ASIAN CHICKEN SALAD

Bed of greens and cabbage with grilled chicken, celery, snow peas, red pepper, green onions & carrots. Served with sesame soy dressing.

Calories: 200 Fat: 6 grams Fiber: less than 1 gram
\$7.95

SOUPS

VEGETABLE

Tomato based with red peppers, yellow peppers, carrots, cauliflower, broccoli, squash & zucchini.

Calories: 275 Fat: 2 grams Fiber: less than 1 gram
\$3.50

CHICKEN NOODLE

Chicken broth, chicken, onions, garlic, celery, carrots, egg noodles & seasonings.

Calories: 260 Fat: 3 grams Fiber: less than 1 gram
\$3.50

SANDWICHES & SANDWICH LUNCHEs

SKINNY TURKEY

Sliced smoked turkey served with fresh fruit, raw vegetables and low fat tzatziki dip.

Calories: 275 Fat: 8 grams Fiber: less than 1 gram
\$7.50

TASTY TURKEY LETTUCE WRAP

Smoked turkey breast, swiss cheese, tomato, cucumber and low fat tzatziki wrapped with lettuce. Served with fresh fruit and raw vegetables.

Calories: 295 Fat: 4 grams Fiber: less than 1 gram
\$7.50

SKINNY CHICKEN

Sliced chicken breast with fresh fruit and raw vegetables and low fat tzatziki dip.

Calories: 300 Fat: 9 grams Fiber: less than 1 gram
\$7.50

TURKEY MULTI GRAIN SANDWICH

Multi grain bread with smoked turkey, laughing cow lite swiss cheese, lettuce, tomato, cucumber and low fat tzatziki.

Calories: 295 Fat: 4 grams Fiber: 4 grams
\$4.50

DINNERS

CHECK OUT OUR DINNER SPECIAL MENU FOR WEEKLY OPTIONS . . .

LOW FAT LASAGNA \$7.95

Calories: 300 Fat: 30 grams Fiber: 4 grams

CHICKEN WITH ORZO \$7.95

Calories: 350 Fat: 5.5 grams Fiber: 2 grams

CITRUS CHICKEN W/STEAMED VEGETABLES \$7.95

Calories: 175 Fat: 3 grams Fiber: less than 1 gram

ASIAN CHICKEN W/RICE & VEGETABLES \$7.95

Calories: 340 Fat: 8 grams Fiber: Less than 1 gram

SHRIMP WITH ORZO \$7.95

Calories: 290 Fat 4 grams Fiber: 2 grams