



TODAY LUNCH

BREADS *Select from:*

- BAGUETTE
- WHOLE WHEAT

Condiments:

- whipped butter
- olive oil + balsamic

ENTREE

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

NEPTUNE'S CHEF SALAD

hearts of iceberg lettuce, greenland baby shrimp, poached ocean scallop, 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 and spinach fettuccine tossed in tomato sauce with sundried tomatoes, garlic, basil, freshly grated parmesan

PAN FRIED FILLET OF COD 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

GRILLED MINUTE STEAK*

small grilled sirloin steak on toasted French baguette with shoestring potatoes pick your choice of crisp onions rings, bacon, sautéed mushrooms, grilled tomato, herb butter and peppercorn sauce

DESSERT

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 & SORBETS

Please inform your server if you have any food allergies

public health advisory: consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions