

**HEART HEALTHY SALADS/SIDES**  
Per Person Charge

**Tomato & Basil Whole Wheat Pasta Salad**  
\$ 3.25 pp

**Fresh Broccoli Salad**  
tossed in virgin oil with cucumbers, red onion, sunflower seeds & tomatoes  
\$ 3.50 pp

**Herb & Vegetable Brown Rice Blend**  
Fresh Parsley, Cilantro, Red Peppers, Tomatoes, Celery, Cucumber & Bell Peppers tossed in an Italian Caesar Dressing  
\$ 3.50 pp

**Roasted Chicken & Cumber Dill**  
Freshly Roasted Chicken Breast prepared Cucumbers & Fresh Dill  
\$ 3.75 pp

**Fresh Fruit & Low Fat Cottage Cheese Platter**  
Served with Pineapple & Strawberry  
\$ 2.95 pp

**HEART HEALTHY SELECTIONS**

Built on the Lighter Side

**Tomato & Low Fat Ricotta Cheese Sandwich on Toasted Multi Grain Bread with Dijon Mustard**  
\$ 5.95

**Roasted Turkey & Portobello Mushrooms & Red Peppers on Garlic Herb Bread with Hummus Spread**  
\$ 6.95

**Pesto Chicken Salad**  
on a multigrain wrap with tomato, cucumber slice, sprouts & fresh mozzarella cheese  
\$ 6.95

**Curry Tuna Salad**  
prepared with water chestnuts, curry seasoning, soy sauce & lemon juice in a multigrain wrap  
\$ 6.95