

HEALTHIER OPTIONS FOR TODAY'S LIFESTYLES

A Summary of Our Healthier Choices

BREAKFAST

♥ California

Eggbeaters, chicken, tomato, jack cheddar, salsa, low fat cilantro sour cream, strawberries.

• Cal 431, Fat 20g, Sat. Fat 8g, Chol. 90mg, Fiber 1g

♥ Low-Fat Vegetarian

Eggbeaters, low fat cheddar, zucchini, mushrooms, tomatoes, strawberries.

• Cal 335, Fat 12g, Sat. Fat 4g, Chol. 20mg, Fiber 4g

♥ **NEW!** Local Honey Nut Granola Yogurt Parfait

With wild Maine blueberries and bananas.

• Cal 270, Fat 1g, Sat. Fat 0g, Chol. 0mg, Fiber 3g

APPETIZERS TO SHARE

♥ **NEW!** Black Bean Quesadilla

Tortilla, mixed peppers, low fat cheddar, scallions, jalapenos, low fat cilantro sour cream, salsa.

• Cal 455, Fat 15g, Sat. Fat 7g, Chol. 45mg, Fiber 10g

FRESH SALAD

♥ Summer Citrus

Baby spinach, mangos, strawberries, dried cranberries, pecans, carrots, tossed with fat free citrus vinaigrette.

• Cal 494, Fat 21g, Sat. Fat 2g, Chol. 0mg, Fiber 12g

- Grilled chicken
- 1 Filet of grilled salmon

SIGNATURE SOUP

♥ SD Veggie Chili

Tomatoes, kidney beans, carrots, onions, mushrooms, squash.

• Cal 250, Fat 10g, Sat. Fat 1g, Chol. 0mg, Fiber 6g

GLUTEN-FREE

GF **NEW!** Gluten-Free Ultimate Waffle*

Van's Van's waffles, maple sugar, farm fresh eggs any style, strawberries.

• Cal 555, Fat 23g, Sat. Fat 7g, Chol. 344mg, Fiber 4g

GF Gluten-Free Options

Classic Hand Dipped Shakes - Vanilla, Chocolate or Strawberry

Citrus Salad - naturally gluten-free

Cajun Flat Iron Steak - naturally gluten-free

Burgers - served bunless with mashed potatoes instead of fries

Veggie or Turkey Chili - without crackers

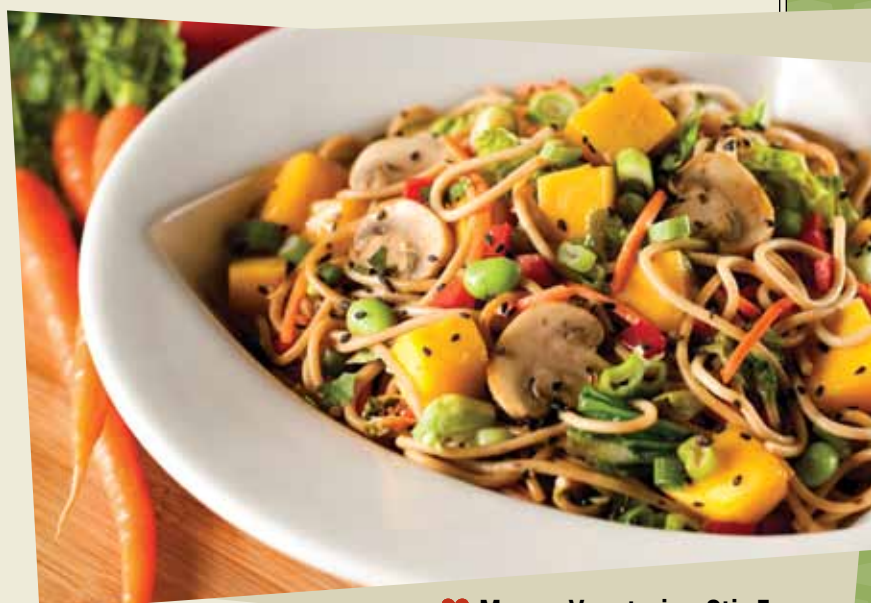
Mile High Turkey - served without sourdough

Shrimp Scampi - served with brown rice instead of pasta

Grilled Salmon - served without croutons in salad

Steak & Eggs - strawberries instead of home fries and biscuit

Omelettes - served without home fries, biscuit or toast except Crabcake



♥ Mango Vegetarian Stir Fry

600 CALORIE ENTRÉES

♥ Grilled Flounder

Reduced sodium teriyaki, peach salsa, brown rice and edamame beans, fresh veggies.

• Cal 587, Fat 17g, Sat. Fat 3g, Chol. 85mg, Fiber 9g

♥ **NEW!** Smothered BBQ Meatloaf

Grilled onions, bbq gravy, brown rice and edamame beans, greens with balsamic vinaigrette.

• Cal 599, Fat 24g, Sat. Fat 6g, Chol. 94mg, Fiber 7g

♥ **NEW!** Mango Vegetarian Stir Fry

Mushrooms, carrots, mixed peppers edamame beans, cilantro, napa cabbage, reduced sodium teriyaki, scallions, black sesame seeds, whole wheat angel hair.

• Cal 599, Fat 5g, Sat. Fat 0g, Chol. 0mg, Fiber 15g

♥ **NEW!** Lemon Rosemary Chicken

Lemon garlic sauce, brown rice and edamame beans, all natural greens with balsamic vinaigrette.

• Cal 550, Fat 16g, Sat. Fat 3g, Chol. 100mg, Fiber 6g

♥ Grilled Salmon*

Lemon garlic sauce, brown rice and edamame beans, all natural greens with balsamic vinaigrette.

• Cal 531, Fat 21g, Sat. Fat 3g, Chol. 62mg, Fiber 7g

DESSERTS

♥ Low Fat Strawberry Angel Cake

Fat free vanilla ice cream, fresh strawberries, all natural strawberry sauce.

• Cal 318, Fat 1g, Sat. Fat 0g, Chol. 0mg, Fiber 5g

♥ World's Smallest Sundae

One scoop of all natural Breyers ice cream with whipped cream, walnuts and your choice of topping.

• Cal 280, Fat 13g, Sat. Fat 7g, Chol. 20mg, Fiber 1g

♥ Pomegranate Shake

A great antioxidant. Pomegranate juice, banana, yogurt, wheat germ.

• Cal 395, Fat 1g, Sat. Fat 0g, Chol. 1mg, Fiber 8g

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders.
Allergy Information - This facility processes products containing dairy, eggs, shellfish, nuts, soy, and wheat. Foods may be exposed to these allergens from production equipment and other food contact surfaces.