

## Entrees

**Veggie Lasagna vgt \$13.95** Our own layered with spinach, carrots, squash, tomatoes, ricotta, parmesan & mozzarella cheese and homemade tomato sauce. (vgt)

**Blackened Salmon with Lemon Dill \$14.95** A 6oz portion of blackened salmon with homemade lemon dill dressing on a bed of brown rice with steamed broccoli. (gf)

**Maple Soy Glazed Salmon \$14.95** A 6oz portion of salmon baked and glazed with homemade maple soy sauce topped with pine nuts on a bed of brown rice with steamed broccoli. (gf)

**Warm Spinach Salad with Scallops \$14.95** Four large sea scallops sautéed and topped with homemade pesto and served on brown rice with sautéed spinach. (gf)

**SIDES:** Vegetable Du jour \$3.25 Grilled Veggies \$3.25 Sauteed Spinach \$3.25  
Brown Rice \$3.25 Linguine \$3.50 GF Pasta \$4.50 Steamed Broccoli \$3.25 Coleslaw \$2.00  
Home fries \$3.25

**vgt: vegetarian option: does not contain meat or fish veg vegan- does not contain meat, fish, dairy or eggs. If you are a vegan who also abstains from honey please ask for assistance.**

## Desserts

### **Fondue for 2 \$6.95**

Fresh cut apples, strawberries, banana, kiwi, melon & banana oat muffin served with all fruit fudge sauce for dipping. (Veg)

### **Bananamisu \$6.95**

Our Banana muffin sliced and layered with strawberries, bananas, all fruit fudge sauce and whipped cream. (Vgt)

### **Rice Pudding \$3.95**

Our own recipe made with brown rice, soy milk, vanilla, succanot and maple syrup.(Veg) can be topped with whipped cream (vgt, gf)

### **Chocolate Chia Avacado Pudding \$4.95**

Our own recipe made with avacado, banana, cocoa, coconut milk, vanilla, and maple syrup.(Veg) can be topped with whipped cream (vgt, gf)

### **Peach Blueberry Cobbler \$4.95**

Peach and blueberries baked together and topped with a crispy oat topping. (Veg)