CHILDREN & LIGHT EATER'S MENU

Our kitchen is happy to accommodate requests for smaller portions of some items from our regular menu.

BREAKFAST

Served until 11am Egg beaters available to substitute

EGG BREAKFAST ... \$4.95

One Scrambled Egg, Hash Browns or Fruit & Toast // Cal 353

OLYMPIC GRILLED TOAST ... \$4.95

2 Slices of Bread, Maple or Local Berry Syrup // Cal 583

KASHI COLD CEREAL ... \$2.95

With 2% or Nonfat Milk // Cal 110-269

2 SMALL PANCAKES ... \$4.50

Choice of Sourdough Buttermilk or Gluten-Free Buckwheat, Maple or Local Berry Syrup // Cal 534/634

STEEL CUT OATMEAL ... \$2.95

With Roasted Apples // Cal 167

SIDE OF BREAKFAST MEATS ... \$1.95

Chicken Apple Sausage, Smoked Ham or Applewood Smoked Bacon

LUNCH & DINNER

All Sandwich Plates are served with Fresh Fruit Salad or Vegetable Sticks

SANDWICHES

HAMBURGER ... \$6.95 // Cal 521

GRILLED CHICKEN BREAST ... \$6.95 // Cal 296

GRILLED CHEESE ... \$5.95 // Cal 424

SALMON FILET BURGER ... \$7.95 // Cal 338

HAM & CHEESE ... \$5.95 // Cal 335

PB & JAM ... \$4.95 // Cal 404

ENTRÉES

GRILLED CHICKEN BREAST ... \$9.95

Chicken Breast, Seasonal Vegetables, Organic Brown Rice // Cal 308

FISH & VEGGIES & CHIPS ... \$8.95

Battered Pacific Cod, Vegetable Sticks and a Few Fries // Cal 574

LINGUINI PASTA ... \$7.95

Marinara, Pesto or Butter,
Parmesan Cheese and Steamed Vegetables
Manini's Gluten Free Pasta Available
Cal 532 (Pesto), 436 (Marinara), 582 (Butter)

BEVERAGES

JUICE ... \$1.95

Apple, Orange, Cranberry

MILK ... \$1.95

2% of Nonfat

ITALIAN SODA ... \$1.95

