

LIGHTER FARE

No-Carb Burger Plate	9.99
Broiled 6oz chopped sirloin (no bread), served with sauteed mushrooms & baby spinach & grilled tomatoes	
Burger & Cottage Cheese Plate	9.59
Broiled 6oz chopped sirloin with low-fat cottage cheese & fresh cut fruit	
Garden Salad & Cottage Cheese Plate	6.99
Low-fat cottage cheese & sliced hard boiled eggs served atop a garden salad	
Fresh Fruit & Cottage Cheese Plate	6.49
With Greek yogurt instead 6.99	
Stuffed Baked Spuds	6.99
Baked potatoes filled with steamed broccoli & topped with jack cheese. Add broiled chicken 2.60	
Spinach & Spuds	6.49
Fresh steamed spinach with two mini baked potatoes	
Savory Boneless Chicken Plate	10.99
Topped with sauteed onions & served with steamed broccoli & baked potato tomatoes	
Chicken Creole	10.99
All white boneless breast of chicken topped with homemade creole sauce & choice of potato	

SIDES

2.89 each

Fresh Steamed	- Baked Potato
- Broccoli	- Peas
- Spinach	- Corn
- Zucchini	- Fresh Cooked Carrots

Redskin Mashed Potatoes with or without gravy 2.89

Boston Baked Beans & Brown Bread 3.99