

Dinner

Served with soup of the day or tossed salad and homemade whole wheat or country white roll

Chicken ala Lou

Thinly pounded panko crusted chicken breast topped with a salad of arugula mozzarella, tomato, red onion, roasted red peppers and balsamic vinaigrette 13.99

Lanie's Chicken

Grilled chicken breast topped with sauteéd mushrooms and melted swiss cheese with roasted potatoes and steamed broccoli 13.99

Summer Chicken

Grilled chicken breast topped with fresh fruit salsa served over quinoa and mixed vegetable pilaf 13.99

Shrimp Fried Quinoa

Shrimp, carrots, onions, scallions, egg, and quinoa sautéed with soy sauce and a touch of olive oil 14.99

Cilantro Lime Shrimp

Six large shrimp marinated in cilantro and lime served over steamed brown rice and grilled veggies 14.99

Grilled Skirt Steak

Marinated in red wine, garlic & worcestershire sauce served over brown rice pilaf and sautéed spinach 15.99

Whole Wheat Linguini Primavera

assorted fresh vegetables and whole wheat linguini sautéed in garlic and oil with a touch of parmesan 11.99

Italian Sausage Ravioli

Italian sausage ravioli topped with sautéed tomatoes peppers and onions in a light garlic and white wine sauce 13.99

Grilled Veggie Platter

Grilled balsamic marinated portabella mushroom, roasted peppers zucchini and eggplant topped with melted mozzarella and served with sauteéd spinach and steamed brown rice 12.99

Cod Cakes

Two pan-fried cod cakes served over sauteéd spinach and quinoa pilaf with roasted pepper aioli 15.99

Tilapia ala Zucco

Pan-seared tilapia served over zucchini spaghetti with yellow peppers and carrots sautéed in garlic and oil with a drizzle of roasted pepper aioli 15.99