

LOWER SODIUM MENU

Appetizers

Edamame (30 mg plain) (570 mg with green tea salt)

Whole soybeans steamed and served hot

Housemade Sonoma Goat Cheese Ravioli (767 mg)

With roasted garlic and sweet basil in a light tomato broth (**without Parmesan cheese**)

Farmer's Market Vegetable Soup (8 oz) (636 mg)

With fresh basil, roasted garlic essence and melted Parmesan cheese

Ripe Tomato Flatbread (754 mg)

With fresh basil, roasted garlic essence and melted Parmesan cheese

Spicy Tuna Roll cucumber and wasabi sour cream (502 mg) (**without tamari**)

Smoked Salmon Roll asparagus and dill mustard sauce (805 mg) (**without tamari**)

Salads

Mixed Greens Salad (581 mg)

With grape tomatoes, toasted seeds and light balsamic dressing

Baby Spinach Salad (774 mg)

With seasonal fruit, crumbled blue cheese, toasted pine nuts and light balsamic dressing

Kalymnos Greek Salad (796 mg)

With cucumbers, tomatoes, red onions, kalamata olives and light Greek dressing (**without Feta cheese**)

Cranberry Tabbouleh (590 mg)

With fresh mint, lemon, cucumbers, tomatoes and toasted almonds

Tomato & Hass Avocado Salad (690)

With cilantro, Earthbound Farm organic arugula

Entrées

All meat and fresh fish can be made to order using olive oil

Grilled Boneless Rainbow Trout (592 mg)

With parsley new potatoes, fresh roasted asparagus, sweet carrots and broiled lemon

Cedar Plank Atlantic Salmon (567 mg)

Mustard basted salmon with fresh roasted asparagus, sweet carrots and parsley roasted red potatoes

Grilled Rack of New Zealand Lamb (585 mg) (without salt & pepper)

Grilled lamb in garlic herb marinade, red bliss potatoes, asparagus and balsamic red onions

Sandwiches (accompanied by fresh greens salad)

Chicken Wrap (690 mg)

With lettuce and tomato in soft Mediterranean bread (**without Caesar dressing**)

Blackened Fish (586 mg)

With tomato slices, chipotle-lime rémoulade and fresh lemon

Western Buffalo Burger (694 mg)

With guacamole, tangy roasted pepper salsa and chipotle sour cream (**without bun**)

Desserts

Key Lime Pie (98 mg)

Carrot Cake (258 mg)

Pecan Pie (249 mg)

Rocky Road (129 mg)

Mocha Macchiato (88 mg)

Fresh Fruit (0 mg)