

APPETIZERS, SALADS & SOUPS

WINTER MIX SALAD **GF**

with mesclun mix, baby kale, cherries, apples & walnuts
maple vinaigrette or choice of dressing
78 cal, 5g fat, 8mg sodium, 8g carb, 3g protein, 2g fiber

HOUSE SALAD **GF**

mix of romaine and iceberg lettuces with cucumbers, tomatoes, carrots & sliced onions
18 cal, 0g fat, 10mg sodium, 4g carb, 1g protein, 1g fiber

CAESAR SALAD **GF with no croutons**

romaine leaves tossed with homemade dressing, anchovies upon request
209 cal, 15g fat, 415mg sodium, 6g carb, 4g protein, 0g fiber

SOUP DU JOUR

a cup of the chef's selected soup of the day
low sodium soup available on request

LOADED BAKED POTATO SOUP

topped w/cheddar, sour cream, bacon & scallions
631 cal, 42g fat, 248mg sodium, 45g carb, 13g protein, 9g fiber

CHEESE SAMPLER PLATE

brie, sharp cheddar, goat cheese, orange marmelade, raisins and crackers
277 cal, 15g fat, 350mg sodium, 23g carb, 13g protein, 1g fiber

HEALTHY SIDE ITEMS

SPAGHETTI SQUASH **GF**

61 cal, 4g fat, 16mg sodium, 6g carb, 1g protein, 0g fiber

BAKED SWEET POTATO **GF**

106 cal, 3g fat, 105mg sodium, 20g carb, 1g protein, 2g fiber

RANCHERO BEANS **GF**

112 cal, 2g fat, 82mg sodium, 19g carb, 7g protein, 7g fiber

GREEN BEANS & MUSHROOMS **GF**

45 cal, 2g fat, 60mg sodium, 7g carb, 2g protein, 3g fiber

GF-Gluten Free selection

OUR NEW HEALTHY ALTERNATIVE SELECTIONS

Served with vegetable and starch of the day

BAKED HAKE FILLET GF

sundried tomato, basil, & feta cheese

156 cal, 7g fat, 264mg sodium, 3g carb, 20g protein, 0g fiber

PASTRAMI SPICED SALMON GF

Pommery mustard sauce

282 cal, 14g fat, 326mg sodium, 4g carb, 32g protein, 0g fiber

PAPRIKA PORK CHOP GF

334 cal, 24g fat, 201mg sodium, 2g carb, 21g protein, 0g fiber

ENTRÉES

● **FILET MIGNON GF**

blue cheese, port wine demi glace

595 cal, 48g fat, 496mg sodium, 4g carb, 36g protein, 0g fiber

\$4.00 upcharge

CHICKEN TAQUITOS GF

ranchero beans, sour cream, lettuce & pico de gallo

603 cal, 29g fat, 718mg sodium, 42g carb, 45g protein, 6g fiber

CREAMY SPINACH PASTA

with or without grilled chicken breast

549 cal, 19g fat, 457mg sodium, 70g carb, 28g protein, 3g fiber

● **FALCONS BURGER GF with GF bread**

431cal, 34g fat, 114mg sodium, 0g carb, 30g protein, 0g fiber

with bun add additional

170cal, 2.5g fat, 330mg sodium, 31g carb, 6g protein, 1g fiber

with French fries add additional

175cal, 9g fat, 25mg sodium, 22g carb, 2g protein, 2g fiber

- Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

ALWAYS OFFERED

Served with vegetable and starch of the day

PLAIN SALMON FILET GF

seared, poached or grilled

• **PLAIN GRILLED FILET MIGNON GF**

\$4.00 upcharge

DELI STYLE SANDWICH

ham, turkey, roast beef, egg, tuna, chicken salads,
choice of breads– white, wheat, rye and **GF** white bread

SALAD TRIO PLATE GF

egg, tuna, chicken salads with mixed greens

SOUP & HALF SANDWICH

PASTA WITH MARINARA SAUCE

THIS WEEKS FEATURED OFFERING

(Monday to Saturday while supplies last)

ALWAYS OFFERED SIDE ITEMS

broccoli, peas, corn, sweet potato fries, green beans, French fries and baked potato

ALWAYS OFFERED DESSERTS

chocolate cake, angel food cake, fruit cup, cookie of the day
and sugar free dessert of the day and Jell-O

Soft serve non-fat no sugar added vanilla yogurt

Hand dipped ice cream– raspberry sherbet, spumoni, espresso chip,
vanilla, chocolate, pistachio, mint chocolate chip and butter pecan

WINE LIST

Reds

Layer Cake, 2014 California Cabernet Sauvignon
Glass-\$4.00
Bottle-\$12.50

Gabbiano Classico, 2014 Italy Chianti
Glass-\$3.00
Bottle-\$9.00

Finca El Origen, 2015 Argentina Malbec
Glass-\$3.00
Bottle-\$9.00

Yellow Tail, 2016 Australia Merlot
Glass-\$2.00
Bottle-\$6.00

Pepperwood Grove, 2014 Pinot Noir
Glass-3.00
Bottle-\$8.50

Raimat, 2016 Boira Garnacha
Glass-\$3.00
Bottle-\$10.00

Whites

Josh, 2015 North Coast Sauvignon Blanc
Glass-\$3.00
Bottle-\$10.00

Relax, 2015 Germany Riesling
Glass-\$3.00
Bottle-\$9.00

Beringer, 2015 California White Zinfandel
Glass-\$3.00
Bottle-\$9.00

Lagaria, 2015 Italy Pinot Grigio
Glass-\$3.00
Bottle-\$9.00

Yellow Tail, 2016 Australia Chardonnay
Glass-\$2.00
Bottle-\$6.00

Twisted, 2014 California Moscato
Glass-\$3.00

Beers

Corona, Sam Adams, Blue Moon, Coors Light, Dos Equis, Yuengling Lager and Heineken
\$2.00 bottle

Other Beverages

Pellegrino \$1.00, Barista Coffees \$1.00

V-8 regular and low sodium

Assorted Sodas-Coke, Diet Coke, Sprite and Ginger Ale

Cranberry Juice, Lemonade, Ice Tea, Orange Juice,