

## Appetizers

<u><i>House Salad</i></u>	3.95
Baby greens, radicchio and sliced mushrooms drizzled with balsamic vinaigrette	
<u><i>Caesar Salad</i></u>	3.99
Crisp romaine lettuce tossed with our creamy Caesar dressing and spiced croutons, garnished with grated Parmesan cheese	
<u><i>Marinated Tomato Canapés</i></u>	3.95
Diced fresh tomatoes marinated in extra virgin olive oil, fresh basil, garlic and balsamic vinegar on a slice of fresh baguette	
<u><i>Norwegian Smoked Salmon</i></u>	6.95
Northern smoked salmon garnished with stuffed olives, diced red onions, capers and lemon wedge, drizzled with extra virgin olive oil	
<u><i>Chicken Satay on Radicchio</i></u>	6.95
Grilled boneless chicken breast on bamboo skewer glazed with our own Teriyaki sauce or spicy Peanut sauce	
<u><i>Taste of the Sea</i></u>	9.95
Shrimp and sea scallops sautéed with extra virgin olive oil in pernod lemon sauce	
<u><i>Grilled Calamari alla Sicilian</i></u>	6.95
Sicilian style marinated grilled calamari served with marinara sauce	

## Soups

<u><i>Soup du Jour</i></u>	3.50
Chef choices of fresh ingredients	
<u><i>French Onion Soup au Gratin</i></u>	4.95
Our special recipe of traditional French onion soup, seasoned croutons and melted gruyere cheese	

## Main Course

<b><u>Mediterranean Salad</u></b>	9.95
Crisp romaine, cucumber, tomatoes, black olives, goat cheese, red and green peppers, sliced red onion with lemon herb vinaigrette	
<b><u>Famous Caesar Salad</u></b>	9.95
Crisp romaine lettuce tossed with our creamy Caesar dressing and spiced croutons garnished with grated Parmesan cheese	
Blackened chicken add \$3.00      Blackened shrimp add \$4.00	
<b><u>Sunny Orange Salad</u></b>	8.95
Crisp romaine lettuce, mandarin oranges, raisins and toasted pecans with our poppy seed dressing	
<b><u>Salade Nicoise</u></b>	12.95
Mixed baby greens, Ahi tuna, tomatoes, black olives, potatoes, green beans, capers, hard boiled eggs with balsamic vinaigrette	
<b><u>Warm Teriyaki Chicken Salad</u></b>	11.95
Grilled chicken breast glazed with our Teriyaki sauce on a bed of baby greens garnished with diced pineapple, toasted sesame seeds and scallion	
<b><u>Californian Avocado and Beef Steak Salad</u></b>	12.95
Grilled sirloin steak, avocado and red onion on a bed of mixed baby greens with Gorgonzola cheese and our raspberry vinaigrette	
<b><u>Grilled Wild Mushroom Salad</u></b>	10.95
Seasoned grilled exotic mushrooms on a bed of baby greens with our balsamic vinaigrette	
<b><u>Exotic Salad with Spicy Shrimp</u></b>	14.95
Sautéed spiced shrimp deglazed with Madeira wine on a bed of baby greens and tropical fruit, drizzled with our raspberry vinaigrette	
<b><u>Grilled Atlantic Salmon</u></b>	12.95
Fillet of Atlantic salmon grilled to tender perfection topped with velouté lemon sauce, served with basmati rice and market vegetables	
<b><u>Blackened Chilean Sea Bass</u></b>	21.95
Crusty on the outside, tender and moist on the inside, served on a bed of basmati rice and glazed market vegetables with fresh Creole salsa	
<b><u>Sesame Crusted Tuna Steak</u></b>	17.95
Seared yellow fin tuna dredged in sesame seeds, glazed with dark ginger sauce, served on a bed of basmati rice with market vegetables	

<b><u>Grilled Teriyaki Salmon</u></b>	14.95
Grilled filet of Atlantic salmon basted with our own Teriyaki sauce garnished with pineapple salsa, served with basmati rice and market vegetables	
<b><u>Tuna Steak with Sauce Vierag</u></b>	15.95
Marinated yellow fin tuna steak grilled to perfection with sauce Vierag (lemony and tangy tomato olive sauce) served with roasted potatoes and steamed market vegetables	
<b><u>Tuscan Chicken</u></b>	12.95
Lemon rosemary, roasted chicken breast served with roasted potatoes and steamed market vegetables	
<b><u>Mediterranean Chicken Kabobs</u></b>	12.95
Chicken breast marinated in our secret herb and spices grilled to perfection served over basmati saffron rice	
<b><u>Chicken Kashmir</u></b>	13.95
Supreme of chicken strips sautéed with garlic, ginger, oranges, apples and grapes in a yellow curry sauce garnished with toasted almonds, served with basmati saffron rice	
<b><u>Thai Chicken</u></b>	12.95
Pan roasted chicken breast, with lemon cress, ginger in Thai red curry sauce on a bed of basmati rice and steamed vegetables	
<b><u>New York Steak</u></b>	14.95
Peppercorn crusted or naturally broiled served with oven roasted potatoes and market vegetables	
<b><u>Three Mustard Steak</u></b>	14.95
Angus strip loin grilled to perfection, served with oven roasted potatoes and market vegetables	
<b><u>Beef Tenderloin Rossini</u></b>	22.95
Grilled beef tenderloin medallion with exotic mushroom demi glace sauce served with roasted potatoes and steamed market vegetables	
<b><u>Beef Tenderloin Cabernet Sauvignon</u></b>	21.95
Pan seared beef tenderloin medallion, with cabernet sauvignon reduction served with roasted potatoes and steamed market vegetables	
<b><u>Alexander Beef Kabob</u></b>	16.95
Grilled beef tenderloin marinated in our secret herbs and spices served with Tzatziki sauce and basmati saffron rice	

## Pasta Selection

*You have the choice of regular or whole wheat pasta low in carbohydrates-high in fiber  
Or substitute the pasta sauce with vegetable broth (Add grilled chicken \$3.00)*

<b><u>Linguine con Pomodora</u></b>	9.95
Extra virgin olive oil, garlic, onion, fresh tomatoes, white wine in tomato sauce garnished with cherry tomatoes	
<b><u>Pennine alla Arrabiata</u></b>	10.95
Extra virgin olive oil, garlic, onion, fresh tomatoes, white wine and fine herbs in spicy tomato sauce	
<b><u>Pennine alla Romanof</u></b>	11.95
Extra virgin olive oil, garlic, onion, pancetta fresh tomatoes, vodka, fine herbs in rose sauce garnished with cherry tomatoes and grated Parmesan cheese	
<b><u>Pennine Primavera Gerigla</u></b>	11.95
Extra virgin olive oil, garlic, onion, grilled vegetables white wine, fine herbs in pomodoro sauce	
<b><u>Linguine Alla Diavola</u></b>	11.95
Extra virgin olive oil, garlic, onion, black olives, stuffed green olives pepprocine pepper, sun dried tomatoes, white wine, fine herbs and our Sicilian style tomato sauce	
<b><u>Linguini Smoked Salmon</u></b>	14.95
Smoked Salmon, extra virgin olive oil, garlic, onion, fresh tomatoes black olives, capers, white wine, fine herbs in tomato saffron sauce	
<b><u>Linguine con Funghi</u></b>	13.95
Extra virgin olive oil, onion, garlic, spiced exotic mushrooms fine herbs, Asiago cheese, white wine in mushroom demi glace sauce	
<b><u>Linguine Velvet Shrimp</u></b>	14.95
Extra virgin olive oil, onion, garlic, spiced shrimp, fine herbs, low fat cream and velvet cheese garnished with spring onions	

## Stir-Fry

**Vegetable Stir Fry** 11.95

Fresh mixed crisp vegetables, in our own stir fry sauce served on a bed of basmati rice or Cantonese style noodles garnished with toasted sesame seeds

Add Chicken or beef \$3.00

**General Tao Chicken** 12.95

Oriental style battered chicken, julienne vegetables and our stir fry sauce over Cantonese noodles garnished with toasted sesame seeds and spring onion

**Bangkok Noodle** 13.95

Asian noodles, chicken breast strips, garlic, onion, lemon cress, julienne carrots, shallots and red curry, served with Thai dipping sauce

## Burgers, Wraps and Sandwiches

*All our 1/2 lb Burgers and grilled grain fed chicken are served with, crisp romaine lettuce and sliced fresh tomatoes on a Kaiser bun with your choice of side salad or fries (Cajun fries add 75¢)*

**Texas Burger** 6.95

Our secret burger recipe grilled to perfection (Add cheese \$1.00)

**Californian Burger** 9.95

Basic burger grilled to perfection, dressed with guacamole

**Marsalla Burger** 8.95

Dressed with our Marsalla sauce

**Oriental Burger** 7.95

Dressed with our Teriyaki sauce

**New Yorker Burger** 9.95

Dressed with crispy bacon, sliced Swiss cheese and our Russian dressing

**Tex Mex Burger** 8.95

Dressed with our tomato salsa, jalapeno peppers and melted cheese

**Blackened Burgers** 8.95

Spiced and blackened to perfection topped with Creole mustard

**Fish Burger** 11.95

Spiced grilled yellow fin Tuna on a bun

<b><u>Mayfair Steak Sandwich</u></b>	10.95
Grilled AAA sirloin steak, sauté mushrooms and low fat Gruyere cheese on French baguette	
<b><u>Grilled Vegetable Sandwich</u></b>	8.95
Grilled crispy seasoned vegetables, buffalo mozzarella cheese, sliced tomatoes, drizzled with balsamic dressing on whole wheat bread	
<b><u>Exotic Mushroom Melt Sandwich</u></b>	10.95
Sautéed seasoned mushroom mix, melted cheese tomatoes and lettuce on a French baguette	
<b><u>Traditional Tuna Sandwich</u></b>	5.95
White tuna low fat mayo sliced tomatoes and crisp lettuce on your choice of sliced bread	
<b><u>Smoked Salmon Bagel-wich</u></b>	7.95
Pacific smoked salmon, low fat cream cheese sliced tomato, crisp lettuce on your choice of bagel	
<b><u>Avocado Wrap</u></b>	9.95
Sliced ripped avocado, roasted pepper, sliced tomato crisp shredded lettuce and creamy ranch dressing	
<b><u>Caesar Wrap</u></b>	11.95
Flavored tortilla, Cajun style blackened chicken or filet of salmon, crisp romaine lettuce, spiced croutons and our creamy Caesar dressing	
<b><u>Californian Quesadillas</u></b>	11.95
Tortilla bread, our delicious tomato salsa, mixed grilled vegetables and melted cheddar cheese garnished with guacamole and low fat sour cream	
Add grilled chicken or beef \$3.00	