


# MENU


Open Daily 12pm-6pm

## DAILY LIGHT ENTRÉES

All Light Entrées are served on your choice of white or wheat bread or a bulky roll with cheese, tomato, lettuce, onions, pickle & chips.

- BLT Sandwich
- Peanut Butter and Jelly Sandwich
- Grilled Cheese Sandwich
- Hamburger or Cheeseburger\*
- Tuna or Egg Salad Sandwich
- Baked Ham Sandwich
- Deli Turkey Breast Sandwich
- Vegetarian Burger 
- Hot Dog
- Eggs, Any Style

## SOUPS

- Daily Soup Special
- Daily Low-Sodium Soup Special 

## CHEF SPECIAL ENTRÉES

Three are available daily—Refer to the specials of the day to view options

 The heart symbolizes entree items lowest in sodium

\*VT State Department of Health regulations mandate that red meat be cooked to 145 degrees which is medium to medium well done

## SIDE SALADS (AVAILABLE DAILY)

- Garden Salad
- Caesar Salad
- Chef Salad
- Cottage Cheese and Fruit

### SALAD DRESSINGS OPTIONS:

Ranch, Caesar, Raspberry Vinaigrette, Red Wine Vinegar & Oil, Blue Cheese, Light Italian, Thousand Island, Fat Free Balsamic

## DESSERT

- Assorted Ice Cream
- Sherbet or Low Fat Yogurt
- Daily Dessert Special (ask your server)
- Fruit

## BEVERAGES

- Coffee-decaffeinated or regular
- Iced Coffee
- Tea-decaffeinated or regular
- Iced tea
- Assorted Juices

