



DINNER

SOUP DU JOUR

CAESAR SALAD

CRISP HEARTS OF ROMAINE TOSSED IN CAESAR
DRESSING TOPPED WITH HERBED CROUTONS &
SHAVED PARMESAN

HOUSE SALAD

MIXED GREENS, TOMATO, CUCUMBER &
ONION WITH CHOICE OF DRESSING

MAIN COURSE

EDGEHILL DETOX SALAD

CRISP KALE, BROCCOLI, SWEET RED
BELL PEPPER, RADISHES, CABBAGE,
CARROTS, CANDIED WALNUTS,
MANDARIN ORANGE, RED BEETS
WITH LEMON PARSLEY
VINAIGRETTE
CHOICE OF: GRILLED CHICKEN,
SHRIMP OR SALMON

TERIYAKI GINGER GLAZED BEEF TENDERLOIN TIPS

WITH GRILLED PEPPER & ONIONS
WITH STARCH OF THE DAY

NEW ZEALAND RACK OF LAMB

MARSALA DEMI-GLACE SAUCE
VEGETABLE OF THE DAY &
STARCH OF THE DAY

GARDEN GRILLE BURGER

CHOICE OF ANGUS STEAKHOUSE BURGER OR
TURKEY BURGER
LETTUCE, TOMATO & ONION
WITH ONION RINGS

LEMON PEPPER GRILLED CHICKEN BREAST

VEGETABLE OF THE DAY & STARCH OF THE
DAY

GARLIC LEMON SHRIMP

VEGETABLE OF THE DAY & STARCH
OF THE DAY

SIDES

COLESLAW
ONION RINGS
FRENCH FRIES
SWEET POTATO FRIES

WEEK 3

**MONDAY THROUGH SATURDAY
OCTOBER 6TH TO OCTOBER 11TH**