# **CHILDREN & LIGHT EATER'S MENU**

Our kitchen is happy to accommodate requests for smaller portions of some items from our regular menu.

### **BREAKFAST**

Served until 11am Egg beaters available to substitute

#### **EGG BREAKFAST** ... \$5

One Scrambled Egg, Hash Browns or Fruit & Toast // Cal 353

### **OLYMPIC GRILLED TOAST ... \$5**

2 Slices of Bread, Maple or Local Berry Syrup // Cal 583

### KASHI COLD CEREAL ... \$3

With 2% or Nonfat Milk // Cal 110-269

#### **2 SMALL PANCAKES** ... \$5

Choice of Sourdough Buttermilk or Gluten-Free Buckwheat, Maple or Local Berry Syrup // Cal 534/634

### **STEEL CUT OATMEAL** ... \$4

With Roasted Apples // Cal 167

### **SIDE OF BREAKFAST MEATS** ... \$3

Chicken Apple Sausage, Smoked Ham or Applewood Smoked Bacon

### **LUNCH & DINNER**

All Sandwich Plates are served with Fresh Fruit Salad or Vegetable Sticks

### **SANDWICHES**

**HAMBURGER** ... \$8 // Cal 521

GRILLED CHICKEN BREAST ... \$8 // Cal 296

GRILLED CHEESE ... \$5 // Cal 424

SALMON FILET BURGER ... \$9 // Cal 338

HAM & CHEESE ... \$7 // Cal 335

**PB & JAM** ... \$5 // Cal 404

# **ENTRÉES**

### **GRILLED CHICKEN BREAST** ... \$11

Chicken Breast, Seasonal Vegetables, Organic Brown Rice // Cal 308

### FISH & VEGGIES & CHIPS ... \$11

1 Piece Battered Pacific Cod, Vegetable Sticks and a Few Fries // Cal 574

### **LINGUINI PASTA ... \$9**

Marinara, Pesto or Butter,
Parmesan Cheese and Steamed Vegetables
Manini's Gluten Free Pasta Available
Cal 532 (Pesto), 436 (Marinara), 582 (Butter)

# **BEVERAGES**

**JUICE ... \$2** 

Apple, Orange, Cranberry

MILK \$2

2% of Nonfat

**ITALIAN SODA ... \$2** 

