

SAL'S COURTYARD LUNCH

SOUPS N' SNACKS

Turkey Noodle Soup **Cup \$4.95 Bowl \$6.95**

Hearty Turkey soup cooked with vegetables and oodles of noodles

Tomato Basil Soup **Cup \$4.95 Bowl \$ 6.95**

Traditional comfort food served with a roll

Five Alarm 5 Bean Chili **Cup \$5.95 Bowl \$7.50**

Moderately spiced vegetarian chili prepared with an assortment of vegetables and 5 different beans. Choose spice level: 1-mild upto 5-hot Served with a roll Add chicken or ground beef \$ 1.95

Mediterranean Hummus with Chickpea and Black Sesame Chips \$7.95

Fresh Hummus made with chickpeas, tahini, lemon and garlic seved with mediterranean black sesame chips and garden Vegetables for dipping

Grilled Shrimp and Black Olive Tapenade \$11.95

Served on a toasted crustini topped with the black olive tapenade, the 5 shrimp are grilled with garlic and lemon and garnished with fresh parsley

SALADS

Iceberg, Cottage Cheese and Seasonal Fruit \$ 8.35

Iceberg lettuce bowl, 4oz of light fresh cottage cheese and accompanied with seasonal fruits topped with almond slices.

Avocado Feta and Tomato Salad \$8.95

Generous portions of chopped Avocado, tomato and onion and green pepper mixed with lime juice, salt and pepper and topped with a feta cheeses crumble.

Roman Ceasar Salad \$ 10.95

Romaine lettuce mixed with a creamy parmesan ceasar dressing topped with your choice of Salmon or chicken, served with herb and garlic croutons.

Fruit and Nutty Spring Mix Salad \$8.75

Tender spring mix leaves with a medley of fresh berries and dried fruits, almonds and nuts tossed in a raspberry vinaigrette. Add chicken or Shrimp for only \$ 2.50

Caprese Lunch Salad \$7.95

Slices of tomatoes and fresh mozzarella drizzled with extra virgin olive oil and garnished with basil

Norwegian Salad Bowl 7.95

Iceberg lettuce bowl with a medley of garden fresh vegetables tossed in a Balsamic vinaigrette and topped with a blue cheese crumble.

SANDWICHES

Original Philly Cheesesteak \$9.50

Wow! Bring your appetite and bite into this original Philly masterpiece of grilled sliced steak sautéed with peppers and onions and topped with your choice of melted American Cheese or Provolone served on a fresh roll.

Grilled Chicken Philly \$ 8.95

A half pound of chicken breast sliced in strips, grilled with sweet onion and tri colored peppers served according to your choice of plain, or smothered in American yellow cheese or Provolone. Choice of side dish

Quinoa and Vegetable Grilled Burger \$ 9.35

Served on a 9 grain sprouted bun and topped with our homemade Thai Chili Slaw, tomato, and greens. Accompanied with your choice of side.

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Korean Grilled Chicken and Swiss \$10.50

A half pound of chicken strips grilled in savory Korean sauce and served on a buttery croissant bun topped with a slice of Swiss cheese and Thai chili slaw accompanied by your choice of side.

Wild Pink Salmon Burger \$ 11.95

Grilled wild salmon patty served on a buttery croissant topped with Korean BBQ sauce, Avocado guacamole and crisp Romaine accompanied by your choice of side.

Asian BBQ Pork meets the Kaiser \$10.95

Pork loin marinated in asian BBQ sauce, sliced and served on a Kaiser roll, topped with slaw and accompanied by your choice of side,

WRAPS

Veggie Wrap \$7.95

Roasted red, yellow and green peppers, zucchini, butternut squash, eggplant, red onion and asparagus topped with feta cheese and olive tapanade rolled in a Spinach wrap.

Accompanied by your choice of Side

Wild Salmon Wrap \$10.95

Crumbled and flaked salmon blended with thinly sliced red onion, julienned squash, sundried tomato and Romaine lettuce mixed with a Korean BBQ sauce and rolled in a Roasted Red Pepper wrap

Mike's Club Wrap \$9.95

This wrap features turkey and chicken breast, smoked bacon, lettuce, tomato and a mildly spicy avocado/jalapeno spread and lime juice served on a whole wheat wrap with your choice of side

Thai Chicken Wrap \$8.95

Sliced Chick strips in a Thai chili sauce mixed with shredded carrots, cucumber and peppers on a bed of rice vermicelli noodles rolled in a flour wrap, accompanied with your choice of side. Substitute Shrimp 1.50

MAIN DISHES

Porchini Mushroom Risotto with grilled Chicken \$14.95

Risotto prepared with three different types of mushrooms cooked with a note of sherry served with a creamy al dente style topped with grilled chicken breast. Substitute Salmon or Shrimp \$2.50 Plain: \$10.95

Szechuan Noodle Bowl (with Chicken, Shrimp, or Pork) \$12.45

Asian Szechuan thick noodles cooked with vegetables in a hoisin/ soy sauce and red chili pepper blended with your choice of meat. Vegetarian Noodles \$ 9.95

DESSERTS

Assorted Cakes by the slice 6.95

Assorted Cobblers 6.50
Blueberry, Peach, Apple, Cherry

DRINKS

Coffee/Tea 1.95

Soft drinks (assorted flavors by the can) 1.50

Glass of House wine 6.25

Domestic/import 3.95/4.95

Sides

Cottage Cheese, Fruit, Cucumber Salad, Chips, Yogurt

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