



HARVEST MOON CAFÉ

DINNER MENU

Mediterranean Salad

green leaf lettuce and spinach topped with grilled chicken, black olives, pepperoncinis, fat free feta, onion, red peppers, & mushrooms 8.00

Grilled Salmon Salad

With dill, capers, red onion, served with a raspberry vinaigrette in a cucumber Boat on a bed of fresh spinach 8.00

Crispy Seared 6 oz Salmon Filet

Topped with a raspberry vinaigrette and served with roasted butternut Squash and grilled asparagus 18.00

6 oz. Beef Tenderloin

Topped with sautéed mushrooms and served on a bed of wilted spinach 22.00

Olive and Artichoke Stuffed Chicken Breast

Topped with parmesan and wilted spinach over pesto whole wheat Penne pasta and served with steamed broccoli 14.00

6 oz Southwestern Pork Tenderloin

Topped with red pepper puree and fat free feta And served with grilled asparagus 14.00

Vegetable Plate

pinto beans (protein), and a choice of 2 of the following vegetables: collard greens, green beans, steamed broccoli and grilled asparagus or cucumber salad 7.00

Veggie Burger

double fiber whole wheat bread with caramelized onions, mushrooms, and goat cheese served with lettuce, tomato, onion and light cole slaw 7.00

Hamburger

lean char grilled beef burger topped with goat cheese on double fiber wheat bread and served with lettuce, tomato, onion, and light cole slaw 8.00

Function Weightloss Drink Available

Thrive Cheesecake (to be used as a snack before 4 pm) and Thrive Sandwiches, salads and sauces available in the Bakery

