

Pacific Gardens

Breakfast

*Fresh Made to Order Waffles with Warm Maple Syrup
Eggs Any Style; scrambled, sunny side up, over easy or poached
Apple wood Bacon or Sage Sausage Link
Oatmeal or your choice of cold cereal
Assorted Juices*

Lunch

*New England Clam Chowder
Cream version with clam meat, onions, celery, potatoes and bacon
Pan - Seared Salmon served Grapefruit Herb Vinaigrette
Orzo with Tomatoes and Arugula
Sautéed Asparagus
Tuxedo Mousse Cake*

Dinner

*Roasted Carrot and Ginger Soup
(No cream - vegetable stock only)
Marin Berry Salad served with house made Raspberry Vinaigrette
Mesclum Greens Tossed with grilled Chicken Breast grilled zucchini and
yellow squash, fresh blueberries, raspberries, strawberries and pine nuts
Grilled Garlic Bread
Mango Sorbet
(Sugar-Free Desserts)
Pudding
Sugar-Free Ice Cream
Jell-o*

Items lower in sodium, fat and or cholesterol

*Low Sodium Chicken Broth, Grilled Chicken Breast, Baked Potato, Baked
Sweet Potato and Fresh Fruit Plate served with Yogurt*