Signature Salads (Side salads available.)

Chicken Caesar Salad
Fresh greens (5g) tossed with grilled chicken and Parmesan cheese.

Cranberry Spinach Salad
Fresh spinach, cucumber, mushrooms, tomatoes and red onion (5g), tossed with dried cranberries (15g) and Asiago cheese.

Garden Salad
Fresh greens tossed with cucumber, carrots, tomatoes and peppers (5g).

All salads served with oil & vinegar dressing.

Fresh Sides

Original Hummus (10g) – served with whole grain crackers (5g) and/or baby carrots (10g) & celery sticks.

Mixed Fruit Cup (15g) – cantaloupe, honey-dew and grapes

Baby Carrots (10g) & Celery Sticks

Custom Sandwiches

Build your own deli style sandwich!

Choice of Bread:
Bread (2-slices): white (30g), whole wheat (30g), rye (20g)
Kaiser Roll (40g)
Pita Bread (35g)
Wheat Wrap (30g)

Choice of Toppings:
Meat: turkey, grilled chicken, tuna salad, chicken salad
Cheese: LS Cheddar, Mozzarella, Swiss
Toppings: lettuce, spinach, tomato, cucumber, sliced red onions, peppers, guacamole (4g), hummus (10g)
*Peanut Butter & Jelly Sandwich (45g)

Condiments: *ketchup (2g), *mustard, fat-free Miracle Whip® (2g), oil & vinegar

Soups & Breads

LS Soup: chicken noodle (8g), garden vegetable (14g), tomato (23g)
LS Broth: chicken, beef
Dinner Roll (30g)
Breadstick (25g)
LS Crackers (5g)
**Entrées**

*Substitutions and half portions available*

Chef’s Feature of the Week—served with couscous (25g) and broccoli flowerets (5g).

Garlic-Herb Chicken Breast – lightly seasoned and flame broiled, served with mashed sweet potatoes (25g) and spinach (5g).

Home Style Meatloaf (10g) – topped with savory mushroom gravy (5g), served with mashed potatoes (15g) and sweet whole baby carrots (10g) or green beans (5g).

Pot Roast – naturally juicy and slowly roasted until tender, served with a baked potato (25g) and corn (15g).

Cornmeal Crusted Trout – farm raised trout lightly dusted (10g) and sautéed to perfection, topped with a mild black bean salsa (15g), served with white rice (30g) and California blend vegetables (5g).

Baked Chicken Parmesan – penne pasta (45g) or spaghetti (45g) with marinara sauce (10g), topped with a flamed broiled chicken breast and mozzarella cheese.

Asian Stir-Fry – Asian style vegetables (10g) stir-fried in an orange ginger sauce (15g), served with white rice (30g). Available with chicken.

**Condiments:** pepper, Mrs. Dash®, margarine, low fat sour cream, parmesan cheese

---

**Pasta Bar**

*Served as a side dish (20g) or entrée (45g).*

Pasta: Spaghetti, Penne Pasta
Sauce: Marinara (10g), Meat (5g), Garlic Herb

---

**Taco Bar**

*Build your own soft shell (15g) taco!*

Choice of Fillings: seasoned beef (5g), shredded chicken (5g), black bean salsa (15g)

Choice of Toppings: LS cheese, shredded lettuce, diced tomatoes, diced onion, low fat sour cream,
*taco sauce, guacamole (4g)*

Sides: white rice (30g)

---

**From the Grill**

Flame Broiled Burger (25g)
Ope’s™ Organic Veggie Burger (35g)
Grilled Chicken Sandwich (25g)
Grilled Cheese Sandwich (30g)

Toppings: LS cheese, lettuce, spinach, tomato, onion

**Condiments:** *ketchup (2g), *mustard, fat-free Miracle Whip® (2g), guacamole (4g)

---

Rev 11.5.14

*LS – Low Sodium*

*Limited to one per meal*

Menus are available online at bronsonhealth.com. Please leave this copy in room.