

# SOUPS that "TAKE THE HEAT"



Chicken Noodle 3.00 Cup 4.99 Bowl

Clam Chowder 3.50 Cup 5.99 Bowl

Chili 3.00 Cup 4.99 Bowl

Soup Cup and Salad 9.99

Buckets Cheese Bread may be added any of our soups for 2.00

Additional Homemade soups are made daily. Please ask your server for today's selection.

"We grill with a non-fat, non-caloric pan coating."

## Dieter's Choice

"Seasonings used do not contain fat, sugar, or msg."

We have considered diet programs in the nutritional information such as, HCG Diet, Weight Watchers, Low Carb, and Low Calorie.

All Entrees come with your choice of Tomato Slices, Celery Sticks, Romaine Salad, Steamed Onions or Steamed Broccoli.



### ◆ Totally Buffed:

4 oz. Certified Angus New York Steak lightly seasoned, and charbroiled to your liking, then placed on a bed of Leaf Lettuce. 11.99  
160 calories, 6g fat, 0 carbs, 4 Weight Watchers

### ◆ The Free Weighter:

3.5 oz. Beef Burger seasoned, and charbroiled to your liking, then placed on a bed of Leaf Lettuce. 8.99  
175 calories, 12g fat, 0 carbs, 4 Weight Watchers

### ◆ The Feather Weight:

4 oz. Grilled, Tender Chicken Breast lightly seasoned, then placed on a bed of leaf lettuce. 10.99  
120 calories, 1g fat, 0 carbs, 4 Weight Watchers

### ◆ The Power Lifter:

4 oz. Halibut grilled to perfection, then lightly seasoned and place on a bed of leaf lettuce with a lemon slice. 12.99  
110 calories, 2g fat, 0 carbs, 3.5 Weight Watchers



**The Fairway**  
117 cal, .7 fat,  
16.61 carbs,  
0 ww points 9.99  
**Ranch**  
1/2 cup, 280 cal, 28  
fat, 4 carb, 8 ww  
points

## "Sides for Entrees"

### ◆ Sets of 8:

8 Tomato Slices with a dash of herbs. 4.49  
44 calories, 0g fat, 4.42 carbs, .5pt Weight Watchers

### ◆ The Insider's Scoop:

8 Celery Sticks with your choice of a Lemon Wedge or Walden Farms Dressing and dash of Herbs. 3.99  
20 calories, 0g fat, 2 carbs, 0 Weight Watchers

### ◆ The Crunch:

Crispy Romaine with your choice of a Lemon Wedge or Walden Farms dressing. 4.99 20 calories, 0g fat, 2 carbs, 0 Weight Watchers

### Walden Farms Dressings:

Bleu Cheese, Raspberry Vinaigrette, Balsamic Vinegar, or Bacon Ranch. .99  
0 calories, 0g fat, 0 carbs, 0 Weight Watchers

### ◆ Full Steam Ahead:

Steamed Onion Slices or Steamed Broccoli Florets Seasoned with Minced Garlic and Herbs, Cajun or Lemon Pepper. 4.49  
Onion Slices 48 calories, 0g fat, 9.76 carbs, 0 Weight Watchers  
Broccoli Florets 31 calories, .34 fat, 6.04 carbs, 0 Weight Watchers



Zevia Soda:  
Comes with a glass of ice. 2.00



Fresh Squeezed Lemon Water with pulp made to order. Comes unsweetened. Truvia is available upon request. 1.50

Lemon Wedge:  
2 calories, 0g fat, .45 carbs, 0 Weight Watchers

Gourmet Coffee  
Douwe Egberts  
Gourmet Coffee. 2.00



All our protein is weighed before cooking to ensure proper portions.