



PARADISE VALLEY  
ESTATES

**SALADS**

*(all salads can be half portion, and are available with sliced avocado or sliced tomato)*

**Chicken Caesar Salad (GFM)**

hearts of romaine, diced chicken breast, parmesan cheese, croutons, and creamy caesar dressing

**House Salad (GF)**

mixed greens, black olive, cherry tomato, beets, hardboiled egg, and cucumber with choice of dressing

**Spinach Salad (GF)**

spinach, candied walnuts, diced apples, goat cheese crumbles, and apple cider vinaigrette

**Mixed Baby Greens Salad (GF)**

Pickled red onions, cherry tomatoes, toasted pecans, blue cheese crumbles, and balsamic vinaigrette

**APPETIZERS**

**Shrimp Cocktail (GF)**

with shredded lettuce, celery, and lemon

**Pork Pot Stickers**

with soy rice wine vinegar dipping sauce

**Cream Cheese Artichoke Dip (GFM)**

with assorted crackers

**SANDWICHES**

*(served with your choice of french fries or coleslaw)*

**Choice of Beef, Turkey, or Veggie Burger with Lettuce, Tomato, Onion and Choice of Cheese**

**Panini of the Day** - please ask your server for today's selection

# ENTREES

**Marinated Grilled Chicken Breast (GF)**  
with warm tomato bruschetta sauce

**Grilled Salmon (GF)**  
with lemon caper butter sauce

**Seared Beef Tenderloin (GF)**  
with port wine demi

**Grilled Lamb Chops (GF)**  
with currant gastrique

**Spaghetti and Meat Sauce (GFM)**  
with garlic bread

**Heart Healthy**  
**Cold Poached Salmon (GF)**  
with quinoa current salad, almonds, and tzatziki sauce

## Vegetarian Selections

**Polenta Cakes (GFM)**  
with marinara, sautéed wild mushrooms, and green bean fries

**Fresh Seasonal Fruit Plate (GFM)**  
served with cottage cheese and banana nut muffin+

## ALTERNATE SIDE SELECTIONS

**The daily starch and vegetable can be substituted with the following items:**

**Starch:** Baked Potato, Baked Yam, Baked Beans, or Brown Rice

**Vegetable:** Green Beans, Sliced Tomato, Corn or Steamed Carrots

**Most items on the menu can be served as half portions and most sauces can be served on the side. Alternative cooking methods can be used for certain entrees to reduce sodium or fat content. Upon request, your server can obtain information on these cooking methods.**

**\*\*GLUTEN FREE MENU ITEMS ARE MARKED (GF), AND ITEMS THAT CAN BE MODIFIED INTO GLUTEN FREE ARE MARKED AS (GFM)\*\***

*November 15, 2019*