

Healthy Choices

Gluten Free • Low Cholesterol

Low Calories • Corn Free

Salmon Salad\$11.75

6oz. of grilled salmon served over a bed of lettuce with cucumbers, tomatoes, and sliced avocados.

209 calories

Grilled Salmon\$11.75

Served with broccoli florets and your choice of brown rice or black beans.

298 calories

Al's Chicken Salad\$10.25

Served over a bed of lettuce with sliced cucumbers, tomatoes, avocado slices, and a freshly grilled chicken breast.

396 calories

Chicken Breast\$9.95

6 oz. grilled chicken breast served with broccoli and your choice of brown rice or black beans.

484 calories

Brochetas De Pollo\$11.75

Marinated chicken skewers with mushrooms, peppers and onions, served with broccoli and your choice of brown rice or black beans.

545 calories

OLIVE OIL AND RED WINE VINEGAR DRESSING AVAILABLE

70 calories per tablespoon