

New Pavilion Dinner Menu

Appetizers:

Smoked Scallops and Salmon

Served over Baby Lettuce with Sliced
French Bread, goat cheese and Honey Mustard
Lemon Sauce.

Marinated Shrimp Cocktail

Served with a Horseradish Barbecue
or
Classic Cocktail Sauce

Petite Fried Calamari

Lightly Breaded and Served
With a Homemade Sauce of Sweet and Sour
Tabasco Infusion

Bruschetta

Toasted Focaccia Bread Topped with
Sun Dried Tomato-Pesto Sauce and
Parmesan Cheese

Buffalo Wings

Your choice of Mild or Spicy Sauce.
Served with a Honey Pineapple Sauce

Fitness Favorites

Summer Salad

Enoki Mushrooms, Endive Bean Sprouts, Oven-Dried Tomatoes
And Fried Feta Cheese Served over a Bed of Baby Spinach
and Drizzled with a Balsamic Vinaigrette.
Served with Fresh Pita Bread.

Traditional Caesar Salad

Crispy Romaine Lettuce, Croutons, and Parmesan Cheese
Are Tossed with our Cesar Dressing.
Choose between Marinated Strips of Beef, Chicken or Spicy
Baby Shrimp to Top the Salad off.

Watercress Salad

Fresh Strawberries, Grilled Pineapple, Green Apples
and Red Onion on a Bed of Mixed Greens.
Topped with Goat Cheese, Toasted Walnuts
and a Citrus Dressing.

Fresh Fruit Medley

An Array of Seasonal Fresh Fruit served with
A choice of low-fat cottage cheese, low-fat yogurt or
Homemade sorbet.

Fitness Favorites continued

Poached Salmon

Finished with a Lemon sauce
and served with Fresh Spinach and Wild Rice.

Grilled Chicken Breast

Served with Steamed Vegetables
and Choice of White or Wild Rice.

Sandwiches

Special Sandwich

Juicy Prime rib Sandwich Topped
with Sautéed Mushrooms and Onions.
Served with a Horseradish Mayonnaise??

Flat Grill Mediterranean Sandwich

Roasted Eggplant, Portabella Mushroom
Red Belle Pepper, Marinated Tomatoes.
Topped with Mozzarella Cheese
and Served on Focaccia Bread.

Chicago Club Sandwich

Sliced Smoked Turkey breast, Bacon, Lettuce
Tomato and Garlic Herb Mayonnaise.
Served on Toasted White Bread.

or

The California Club

With Smoked Turkey, Bean Sprouts, Tomato
Lettuce, Tofu Cheese and Yogurt.
Served on Toasted Wheat Bread.

Build Your Own Burger

Your Choice of Toppings: Swiss, Cheddar, Mozzarella or
American Cheese, Bacon, Chili, Sautéed Onions, or Mushrooms.
Served with Lettuce, Tomato, and a Pickle wedge all on a Toasted Bun.

Herb Peppercorn Chicken Sandwich

Chicken Breast Seasoned with Thyme, Sweet Basil
and Crushed Peppercorns. Topped with Boursin Cheese
and Garlic Mayonnaise on a Kaiser Roll.

Individual Gourmet Pizza

A 7" Thin Crust Pizza with Your Choice of Sauce
Marinated Tomato Sauce

or

White Creamy Herbs Sauce

Then Top it with Any Two of the Following:

Shrimp	Italian Sausage	Mushrooms	Black Olives	Green Peppers
Chicken	Pepperoni	Artichokes	Tomatoes	Garlic
Bacon	Chorizo	Spinach	Onions	Goat Cheese

Then Finished with Mozzarella Cheese

Entrees

All Entrees are Served with your Choice of Pavilion Garlic Roasted Potato, Baked Potato, Mashed Potatoes, French Fries or Rice and Seasonal Vegetables.

Rotisserie Style Chicken

Savory and Succulent Rotisserie-style Chicken. Served with Green Chili Sauce and Battered Onions

Mixed Grill

This Bistro Classic Features Chicken, Lamb, Shrimp and Beef Tenderloin with A Red Wine and Tarragon Sauce.

House Roasted Prime Rib

Featuring a 10oz Cut served with its Own Au Jus.
Served with a Spicy Horseradish.

Grilled Fin Tuna Loin

Topped with a Ginger, Lemon-Cilantro Butter

Filet Mignon

A 7oz Filet Grilled to Perfection.
Topped with Boursin Brown Sauce.

New York Strip Steak

A 12oz Strip Steak Grilled to Your Specifications.
Topped with a Chanterelle Mushroom and Herb Sauce.

Pastas

All Pastas are Served with Your Choice of Angel Hair, Penne, Linguini or Bowtie Pasta.

Chicken Pasta

Served with Chicken Breast Sautéed with Onions and Garlic.
All Tossed together with a Sun-dried Tomato Pesto Sauce.

Shrimp Scampi

Shrimp are Sautéed with Butter, Onions and Garlic then
Simmered in a White wine to Create the Sauce.

Scallops Pasta

Sautéed Scallops are Tossed in a Basil Pesto Sauce.

Pasta Primavera

Just Pasta

Served with Your choice of
Mariana Sauce
Meat Sauce
or
White Wine Sauce