



Harvest Always Available Menu

Starters

♥Soup du Jour	Daily house made soup focusing on the Mediterranean diet	2 cup 3 bwl
♥Park Springs Salad	Mixed greens topped with grapes, bleu cheese crumbles, and spiced pecans with our house vinaigrette	4

Entrees

♥*Grilled or Baked Chicken	Fresh herbs and seasonings baked or grilled	10
*Filet Mignon	Grilled to order and served with a choice of side	17
♥*Honey Dijon Salmon	Grilled, baked, or steamed salmon served with Honey Dijon sauce on the side	13
♥Vegetable Plate	An assortment of sides from today's menu	8.50
*Angus Beef Burger	½ pound of certified angus beef with lettuce, tomato, red onion, pickles. Add Cheese \$.25	8
♥Your Choice Salad	Your choice of Tuna, Egg or Chicken Salad	4 scp 7 sdw
Popcorn Shrimp with Cocktail Sauce	Sautéed popcorn shrimp with cocktail sauce and lemon	9
Grilled Cheese	Brioche bread grilled with American, Swiss or Provolone Cheese	5
♥Scrambled Eggs and Bacon	2 eggs scrambled and served with bacon	6

All entrees include 1 sides Additional Sides \$1.50

Sides

Whipped Potatoes Steamed Vegetables French Fries Apple Sauce Fruit Cup
Sliced Apple Cole Slaw Baked Potato Sweet Potato Yogurt Sliced Tomato
Cottage Cheese with Peaches

Sweets

Vanilla or Chocolate Shake 4, Fruit Smoothie 4, Variety Ice Cream 3

♥ Gluten Free

♥Heart Healthy

Sugar Free



Harvest Spring Menu

First Picks

Chicken and White Bean Chili	A fresh blend of chicken breasts and stewed white beans with fresh herbs	2 cup 3 bwl
Greek Salad	Blended romaine with cucumbers, feta cheese, belle peppers, tomatoes, olives, red onion and Greek dressing	5
Mediterranean Crunch	Shredded kale with broccoli, chickpeas, tomato, cucumbers served with an Italian Vinaigrette	8
Harvest Spinach Salad	Tossed with strawberries, Mandarin orange, red bell pepper served with a walnut poppy seed dressing	8
Cucumber Salad	Sliced cucumber with herb vinaigrette	3

Small Bites

Whole Grain Toast Points and Smoked Salmon	Whole grain toast points with melted Gouda and Smoked Salmon	7
Sliced Pears with Feta and Dates	Sliced Pears sprinkled with Feta and chopped dates	6
Roast Wrap	Roasted vegetables and hummus wrapped in a whole wheat tortilla	6
Mediterranean Pizza	Grilled vegetables on a cauliflower crust with Kalamata olives and cheese	8

Entrees

Provençale Scallops	Bay scallops sautéed with tomato, onion, garlic and herbs de Provence	14
Baked Grouper	Baked and served with a sundried tomato and olive tapenade crust	12
Sautéed Tenderloin Tips	Sautéed tenderloin tips with kale, onion and caramelized onions	12
Caprese Chicken	Marinated chicken breast topped with Mozzarella, tomato and basil and slow roasted	10
Grilled Salmon	Can be grilled or baked, but finished with a walnut and rosemary crust	13

Sweet Treats

Vanilla Panna Cotta with Berries 3, Orange Ricotta Cake 3,
Pound cake with strawberries and Balsamic syrup 3

✓ Gluten Free

✓ Heart Healthy

Sugar Free