

Summer Dining Menu

All Day Breakfast 7AM - 7PM

BREAKFAST BANANA SPLIT

Fresh sliced banana, with scoops of vanilla Greek yogurt, fresh berries, topped with granola. ❤️🌿GF

SPINACH QUICHE

A savory quiche with spinach, mushrooms, and a blend of cheeses - served with a side of seasonal fruit.

Seasonal Entrées 11AM - 7PM

AEGIS CAESAR SALAD

Fresh romaine, Caesar dressing, shaved Parmesan and herb croutons. Add chicken or salmon if desired.

HALF SANDWICH & CUP OF SOUP

Choice of: turkey, tuna salad, tofu, cheddar, Swiss, lettuce, avocado, tomato, pickles on multigrain or sourdough bread - served with a cup of soup. ❤️🌿GF

ASIAN CITRUS SALMON

Citrus glazed salmon fillet with fresh sesame-cucumber relish - served with seasonal vegetables and rice. ❤️GF

ALL-AMERICAN BURGER

Topped with caramelized onions, tomato, pickles, and lettuce on a toasted brioche bun - served with fresh fruit or fries. 🌿GF

GRILLED SHRIMP FAJITAS

Fajita seasoned shrimp, bell peppers, and onions on a flour tortilla with fresh avocado - served with a side salad. 🌿GF

GREEN GODDESS SALAD

A mix of greens with grilled chicken, fennel, radish, pea shoots, sunflower seeds and bacon topped with a fresh herb dressing. 🌿GF

BEEF KABOBS WITH PINEAPPLE

Grilled beef kabobs with pineapple, bell peppers, onions and cherry tomatoes - served with seasonal vegetables and rice. ❤️GF

CHICKEN CAPRESE SANDWICH

Grilled chicken with mozzarella, fresh sliced tomato and pesto aioli on toasted sourdough bread - served with fresh fruit or fries. 🌿GF

SUMMER VEGETABLE PASTRY

Zucchini and yellow squash, with fresh tomatoes, herbs and feta cheese in puff pastry - served with fresh fruit.



Heart-Healthy



Plant-Based
Alternative



Gluten-Free
Alternative

Aegis Living