

Spring Dining Menu

All Day Breakfast 7AM - 7PM

CHERRY SMOOTHIE BOWL

Smoothie bowl topped with chia seeds, toasted almonds, and chocolate chips.   **GF**

BREAKFAST BURRITO

Scrambled eggs with freshly diced tomato, green onion and cheddar cheese - served with a side of seasonal fruit. **GF**

Seasonal Entrées 11AM - 7PM

AEGIS CAESAR SALAD

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

HONEY-LEMON MARINATED SALMON

Marinated salmon - served with seasonal vegetables and spring quinoa pilaf.  **GF**

GRILLED CHICKEN YAKISOBA

A simple chicken stir-fry with bell peppers, ginger and green onions - served with seasonal vegetables.  **GF**

APPLE, FENNEL + SAGE PORK CHOPS

Pan-seared pork chops with an apple, fennel and sage compote - served with spring quinoa pilaf and seasonal vegetables.  **GF**

BLACK BEAN + MUSHROOM TACOS

Seasoned and sautéed mushrooms, with black beans, shredded cabbage and fresh cilantro tacos - served with spring quinoa pilaf.   **GF**

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**

ALL-AMERICAN BURGER

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

STRAWBERRY SPINACH SALAD

Fresh spinach, with strawberries, candied walnuts, red onion, blueberries, dried cranberries and feta cheese with a balsamic dressing. Add chicken or salmon if desired. **GF**

CALIFORNIA BLT SANDWICH

Toasted whole grain bread with bacon, lettuce, tomato, avocado and a bit of mayonnaise - served with your choice of chips or a side of fresh fruit.  **GF**



GF

Heart-Healthy Plant-Based Gluten-Free
Alternative Alternative

Aegis Living