

January Special

PROTEIN POWER SALAD

Arugula, Beet, Quinoa, Mandarin Orange, Crumbled Goat Cheese, Dried Cranberries,
Red Onions & Shredded Carrots with a House Made Lemon Vinaigrette

January Special



The American Red Cross promotes Blood Donation every January.

The **PROTEIN POWER SALAD** is a "Better For You"  recipe

with Iron-rich foods including lean protein meats, leafy greens, whole grains, and legumes. Great for you and your blood.

FISH & CHIPS

Beer Tempura Battered Filet of Fish,
served with House Fried Sea Salt
Potato Chips, and Cole Slaw

