

A decorative black and white floral border with intricate scrollwork and leaf patterns, framing the text.

## Friday Gourmet

### Crab Bisque

1/2 cup 70 calories, 1 fat

### Belted Rocket Salad

Baby arugula, Bosc pears, 1/2 ounce Bleu cheese, cucumber strap,  
1 ounce caramelized balsamic vinaigrette  
120 calories, 5 fats

### Grilled Dorado

5 ounce, locally caught Mahi Mahi fish  
filet, Dijon mustard sauce, garlic mashed  
red potato, vegetable medley,  
250 calories, 5 fats

#### Non Seafood Option\*:

### Spinach and Feta Tart

Pine nuts, egg custard,  
organic Phyllo crust

\*pre-order only

250 calories, 5 fats

### Spaghetti Squash Pound Cake

Orange cream cheese drizzle, roasted sweet  
potato Coulis  
175 calories, 2 fats