Dinner at The Bristal

GLASS OF WINE... CHABLIS, BURGUNDY OR BLUSH

APPETIZER

Matzo Ball Soup* or Chopped Chicken Liver Plate Fresh Seasonal Fruit Salad Tossed Garden Salad with Choice of Dressing

FEATURED ENTRÉES

Herb Roast Chicken with Cranberry Sauce**
Served with Garlic Mashed Potatoes and Zucchini Provencal

Slow Roast Beef Short Ribs in Red Wine Sauce Served with Garlic Smashed Potatoes and Cauliflower Polonaise

Sautéed Trout Almondine with Lemon Butter Served with Sliced Baked Sweet Potato and Zucchini Provencal

Bristal Roast Chicken

Served with Baked Idaho Potato and Chef's Vegetable of the Day

- Grilled Chicken, Fresh Mozzarella, Tomato & Roasted Red Bell Pepper
 Over Crisp Romaine with Fat Free Balsamic-Herb Vinaigrette
 - ♥ Cottage Cheese with Fresh Seasonal Fruit Low Fat Cottage Cheese with Sliced Seasonal Fresh Fruit and Berries

ACCOMPANIMENTS

Baked Idaho Potato or Sweet Potato
Garlic Smashed Potatoes
Cauliflower Polonaise
Zucchini Provencal

HOT OFF THE GRILL

Hamburger, Turkey Burger, Veggie Burger, Marinated Chicken
Breast, Hebrew National Hot Dog*, Plain Omelette or Grilled Cheese Sandwich
Lettuce, Tomato, Onion, Pickle* and French Fries

THE SANDWICH BOARD

Roast Turkey Breast, Virginia Ham*, Lox* and Cream Cheese,
Tuna, Chicken or Egg Salad Sandwich
Served on Choice of Bread with Lettuce, Tomato, Onion, Pickle* and French Fries

SWEET ENDINGS

Marble Cake with Whipped Cream Topping**
Sugar Free Marble Cake with Whipped Cream Topping
Assorted** and Sugar Free Cookies
Jello**, Sugar Free Jello, Ice Cream, No Sugar Added Ice Cream
and Fat Free Soft Serve Yogurt**



Heart Healthy Entrée Salad*Not appropriate for low sodium diet

^{**}Not appropriate for sugar restricted diet