

DIABETIC OR WEIGHT CONTROL MENU

Our sugar free items, smaller portion entrées, and other selections are in line with the American Diabetes Association guidelines. We offer these as suggestions in order to assist you in planning your meal to fit your individual nutritional goals as indicated by your physician or dietician. We are not responsible for your choices. If you are in doubt whether you should choose a certain item, consult with your physician.

BEVERAGES

Coffee - (regular or decaf)	\$1.65	Hot Tea - (regular or decaf)	\$1.65
Diet Cola -	\$1.85	Ice tea - (Unsweetened)	\$1.85
Tomato Juice - (Small 6oz)	\$1.75	Herbal Tea - (green, orange, chamomile, or mint)	
Skim Milk - (Small 6oz)	\$1.50		\$1.95

OUR SUGAR SUBSTITUTES ARE SLENDA, EQUAL AND SWEET AND LOW

DIABETIC BREAKFAST

2 scrambled egg beaters (or egg whites) - whole wheat toast (1)	\$3.10
2 poached eggs - whole wheat toast(1)	\$2.30
2 egg beater or egg whites vegetable omelette - whole wheat toast(1)	\$3.95
with cheese	\$4.45
2 egg beater or egg white omelette - whole wheat toast(1)	\$3.50
add tomato, mushroom, onion or cheese	\$.50 each
French Toast - 2 pieces of whole wheat-egg beater French Toast & sugar-free syrup	\$3.75
with strawberries or blueberries & sugar free cool whip	\$4.65
Oatmeal -	\$2.10
Cheerios -	\$1.85
Corn Flakes -	\$1.85

DIABETIC SANDWICHES

Chicken & Cheddar - grilled chicken (4 oz *) with cheese on whole wheat	\$4.25
Pattie melt-(4 oz*) - hamburger & melted cheese on grilled rye with lettuce, tomato	\$4.75
Turkey Melt (4oz *) - white meat turkey & melted cheese on grilled rye	\$4.95
Tuna Melt - tuna salad & melted cheese open faced on toasted whole wheat bread	\$5.25
Grilled Chicken Breast (4oz*) - on whole wheat with lettuce and tomato	\$3.95
Roast Turkey (4oz*) - (all white meat) on whole wheat with lettuce and tomato	\$3.95
Roast Pork (4oz*) - on whole wheat bread, lettuce tomato	\$3.95
<i>Salsa, margarine or mayonnaise, available on request</i>	
Cup of Vegetable Soup -	\$1.95
Cup of chili - (seasonal)	\$3.75

DIABETIC SALADS

Tossed Salad - mixed garden greens and tomato slices	\$2.25
Small Grilled Chicken Salad - garden greens with tomato, grilled chicken(4oz*), cheese & hard-boiled egg	\$5.95
Small Chef Salad - garden greens with tomato, turkey(2oz*), ham(2oz*), cheese and hard boiled egg	\$5.95
<i>Choice Of Dressing: Oil & Vinegar or Italian</i>	

DIABETIC DINNERS

with choice of 3— ½ baked potato, hot vegetable of the day, tossed salad or vegetable soup

Grilled Boneless Chicken Breast (4oz*) - with melted provolone cheese and grilled tomato	\$7.90
Roasted Pork Tenderloin(4oz*) - with sauerkraut or side of gravy	\$7.95
Boneless Pork Chop(4oz*) - grilled to perfection with side of gravy	\$7.95
N.Y. Strip Steak (6oz*) - cooked to your taste with side of gravy (fried onions optional)	\$9.90
Fresh Filet of Haddock(4oz*) - with lemon	\$8.25
Chopped Sirloin Steak(4oz*) - with side of gravy (fried onions optional)	\$6.95

DIABETIC DESSERTS

Sugar free Jello and whipped sugar free topping -	\$2.25
Sugar Free Cheesecake -	\$3.75
with strawberries or blueberries -	\$4.25

* SIZES ARE FOR UNCOOKED MEAT AND ARE APPROXIMATE. Meat shrinks approx. 25% during cooking

Our grill and pan shortening contains 0g cholesterol and 0g carbohydrates