

# LUNCH SPECIALS

*Served with Soup or Salad*

## Teriyaki Bowl 12

Teriyaki chicken, beef or pork with vegetables served over a bowl of rice w/ a cup of miso soup

## Fried Cod Loin 14

Tempura batter cod loin served with cucumber slaw

## Low Carb Chicken Salad 10

Grilled chicken on a bed of romaine, with tomatoes, red onions cucumber & cranberries with blue cheese crumbles

## Bay Harbor Salad 14

Fresh Romaine, sun-dried cranberries and honey-roasted pecans with Sundried Tomato vinaigrette. Crumbled blue cheese served with pork tenderloin slices

## Nicoise Salad 14

Pan Seared Tuna hardboiled egg, slice avocado, cherry tomato, mixed greens w/ our house dressing

## Stuffed Pesto Trout 14

Pan seared free ranged trout, stuffed with pesto served with wild rice house vegetables

## Lasagna & Meatballs 11

Homemade classic lasagna & meatballs finished with our marinara sauce

## Express Stir Fry

*Choose your meat, rice, sauce*

Stir fry with broccoli, mushroom, carrots, green cabbage, onions Steam or fried rice, traditional brown sauce, ginger white, spicy Szechwan, kung Pao or fragrant spicy sauce

Chicken 11 Beef 12 Shrimp 13 Combo 14 vegetarian 10

## Classic Almond Chicken Combo

Our famous crispy almond chicken tenderloin served with fried rice w/sweet n sour sauce

12

# DINNER SPECIALS

## Catch of the Day

*Served with soup or salad*

### "Today's Catch"

*(Inquire through your server)*

Seared or grilled fresh fillet marinated in our house seasoning served w/ stuffed bake tomato creamy wasabi mash and topped roasted vegetable salsa

27

## Pan Seared Chilean Sea Bass

Hand cut from a fresh sea bass marinated in our house seasoning served w/stuffed bake tomato creamy wasabi mash and topped roasted vegetable salsa

34

## Organic Stuffed Pork

Free range organic pork stuffed with green chili and avocado served w/stuffed bake tomato creamy wasabi mash and topped roasted vegetable salsa

30

## Grilled Shrimp

Charbroiled prawns, served with rice, pepper & zucchini medley garnished w/ mango pepper sweet potato strings w/ a sweet and spicy sauce

20

## Pan Seared Fillet Mignon

Pan seared fillet mignon drizzled with truffle blue cheese sauce served with wasabi mash and asparagus

30

## California Tuna Roll

Crab meat, cucumber, cream cheese, avocado, spicy tuna topped with unagi and mango sauce 12 slices

15

## Pac Rim Crispy Roll

Crab meat, asparagus, smoke salmon, unagi, avocado, cucumber dipped in tempura and fried

18