



Cedar Sinai Park

love. honor. respect.

BREAKFAST

July 14 - 20

Two Eggs Any Style

served with hashbrowns, vegetarian sausage and bread of choice

Breakfast Quesadilla

flour tortilla stuffed with scrambled eggs, cheddar cheese, spinach; served with sour cream and pico de gallo

Power Breakfast

sauteed kale and spinach with fresh garlic, red onion, olive oil

**Add egg of your style upon request*

Lox Plate

lox, capers, onion, tomato and cucumber, cream cheese served with or without bagel

Pancakes

buttermilk ~ blueberry ~ buckwheat

served with choice of syrup, sugar free syrup, butter or margarine

Breakfast Sandwich

choice of croissant, English muffin, bagel or biscuit, with scrambled egg, cheddar cheese, vegetarian sausage

**Make it a Deluxe with sliced tomato and avocado!*

Breakfast Burrito

scrambled egg, peppers, onions, cheddar and vegetarian sausage in flour tortilla; served with sour cream and pico de gallo

Fisherman's Eggs

sardines sauteed with olive oil and garlic, served on a bed of arugula and topped with two over easy eggs

Omelets & Scrambles

american, swiss or cheddar added upon request

plain

lox & onion

garden - tomato, spinach & mushrooms

vegetable - bell peppers, onion & mushrooms

sausage & cheese - vegetarian sausage and choice of cheese

matzo brei

Belgian Waffle or Challah French Toast

served with choice of syrup, sugar free syrup, butter or margarine

SIDES: Vegetarian Sausage, House Made Hash Browns, Cottage Cheese, Assorted Yogurts, Fresh Fruit, Applesauce, Prunes

Bagels *plain ~ everything*

Pastries *check with your server for today's selections.*

Bread/Toast: *white ~ wheat ~ 21 grain ~ sourdough ~ marble rye ~ gluten free*

cinnamon raisin ~ english muffin

CEREAL: Oatmeal or Cream of Wheat - *Served with brown sugar, raisins and cream*

Rice Krispies ~ Raisin Bran ~ Corn Flakes ~ Cheerios ~ Low Fat Granola ~ Special K



LUNCH SPECIALS

July 14 - 20

SIDE SALAD OF THE WEEK: Spring Pasta Salad with red bell pepper, cucumber, radish, black olive, Italian dressing

SALAD ENTRÉE OF THE WEEK: Nectarine Salad with Pistachio Pesto - arugula, sliced fresh nectarine, buffalo mozzarella, pistachio pesto vinaigrette

<p>SUN</p>	<p>Spinach & Mushroom Quesadilla (LS, V, HS) - fresh spinach and mushrooms, mozzarella cheese, flour tortilla, served with guacamole, sour cream and pico de gallo</p>	<p>Salmon Salad Croissant Sandwich (LS) - flaky poached salmon mixed with a basil infused mayonnaise, arugula and tomatoes on a croissant; served with tater tots</p>	<p>Soup: Beer & Cheese</p>
<p>MON</p>	<p>Cucumber, Avocado & Tomato Sandwich (V) - whole wheat toasted bread, chive and dill infused cream cheese, fresh avocado, sliced cucumbers and fresh tomatoes; served with spring pasta salad</p>	<p>Salmon Fried Rice (LS, HS) - fried rice mixed with peas, carrots, corn, scrambled egg and salmon</p>	<p>Soup: Sweet & Sour Cabbage (GF)</p>
<p>TUES</p>	<p>Spinach Artichoke Flatbread (LS, HS, V) - naan bread topped with pesto, artichoke hearts, spinach, garlic and goat cheese, baked to perfection and topped with fresh parmesan</p>	<p>BBQ Salmon Bowl (LS, HS, GF, V) - peas & corn mixed with brown rice and served with zucchini noodles</p>	<p>Soup: Senate Bean (GF)</p>
<p>WED</p>	<p>Ground Beef Bulgogi Bowls (LS, HS, GF) - Korean marinated ground beef with white rice and asian vegetables</p>	<p>Turkey Meatloaf (LS, HS) - served with mushroom gravy, mashed potatoes and snow peas with toasted almonds</p>	<p>Soup: Chicken Tortilla (GF)</p>
<p>THUR</p>	<p>Fettucine Alfredo (V, LS) - tossed with incogmeato chicken tenders, sauteed mushrooms, green peas and spinach; served with garlic bread</p>	<p>Smoked Salmon and Black Bean Wrap (HS, LS) - flour tortilla stuffed with shredded lettuce, diced tomato, mashed avocado, with cilantro, sour cream and black beans, lox</p>	<p>Soup: Golden Onion (GF)</p>
<p>FRI</p>	<p>Portobello Burger (V, LS, HS) - Grilled Portobello mushroom caps served on a toasted bun with caramelized onions, guacamole and swiss cheese; served with lettuce, tomato, red onion and dill pickle spear; choice of french fries or tater tots</p>	<p>Pasta Primavera with Asparagus & Peas (V, LS, HS) - tossed with a light cream sauce and topped with parmesan cheese; served with garlic bread</p>	<p>Soup: Creamy Lemon Orzo</p>
<p>SAT</p>	<p>Italian Antipasto Sandwich (LS, V, HS) - toasted marble rye with goat cheese, artichokes, roasted red peppers, black olives, tomatoes, spinach, red onions and a balsamic drizzle</p>	<p>Red Snapper with Tomatoes, White Wine and Capers (LS, HS) - Simmered in a marinara sauce and served with steamed spinach and garlic bread</p>	<p>Soup: Vegetable Dumpling</p>



DINNER SPECIALS July 14 - 20

SANDWICH OF THE WEEK: Chicken Salad Sandwich (LS, HS) - classic chicken salad served on your choice of bread with lettuce, tomato, red onion, pickle spear		SALAD ENTRÉE OF THE WEEK: Caesar Salad (GF, V, HS, LS) - chopped romaine, pareve Caesar dressing, pareve parmesan cheese, croutons; add grilled chicken or salmon for extra protein!	
SUN	Beef Fajitas (SA) - beef strips with julienne peppers & onions, served with flour tortillas, guacamole, pico de gallo and pareve sour cream	Chicken Piccata (LS, HS, GF) - lightly floured chicken with a lemon caper sauce, served with white rice and steamed broccoli	Soup: Chicken Noodle
MON	Roasted Halibut with Polenta (HS, LS, GF) - oven roasted halibut served with a tomato-olive tapenade over lemony polenta	Roasted Turkey - served with cornbread stuffing, mashed potatoes, green beans, gravy & cranberry sauce	Soup: Mushroom Dill
TUES	Hungarian Beef Goulash (LS) - braised beef smothered with tangy beef sauce; served over egg noodles with pareve sour cream with green peas	Chicken Pot Pie Soup (LS) - chicken, mixed veggies and a creamy sauce served with a side salad	Soup: Chickpea & Tomato (GF)
WED	“Chicken” Tenders Wrap (V, LS, HS) - Incogmeato “chicken” tender with lettuce, tomato, swiss cheese and mayo on a flour tortilla; served with potato chips and orange slices	Tuna Waldorf Salad Plate (LS, HS, GF) - tuna, celery, grapes, walnuts in a light mayonnaise dressing; served on spring mix with sliced tomatoes	Soup: Cheesy Cauliflower
THUR	Brazilian Fish Stew (LS, HS, GF) - swordfish, coconut tomato broth, seasoned with red and green bell pepper, cumin, garlic and cilantro; served over white rice	Chicken Marbella (LS, HS, GF) - bone in chicken in a white wine broth with capers, olives and prunes; served with couscous	Soup: Turkey Noodle
FRI	Oven Roasted Salmon - served with baked sweet potato and green beans with red bell pepper and sauteed mushrooms		Soup: Matzo Ball
SAT	Beef Stew (LS) - tender chunks of beef in a thick broth with carrots and potatoes; served with garlic bread	Turkey Taco Salad (LS, HS) - seasoned ground turkey, black beans, corn, pico de gallo, guacamole, served in flour tortilla bowl with mexican rice, shredded lettuce and pareve sour cream and cheddar cheese	Soup: Chicken & Rice (GF)

Sunday Special of the Day:

Lox Avocado Toast

21 grain bread toasted and topped with fresh smashed avocado, cream cheese, tomato, cucumbers, capers, red onion and lox

Monday Special of the Day:

Shakshouka

eggs baked in a sauce of tomato, garlic, onion, red bell pepper, cumin and paprika

Tuesday Special of the Day:

Grits & Eggs

topped with cheese, served with 2 eggs your way and cinnamon raisin toast

Wednesday Special of the Day:

Southern Style Breakfast

cheesy scrambled eggs, biscuits & gravy

Thursday Special of the Day:

Lox & Eggs Benedict

english muffin topped with lox, two poached eggs and hollandaise

Friday Special of the Day:

Swedish Pancakes

thin pancakes folded & topped with powdered sugar and lemon curd

Saturday Special of the Day:

Challah French Toast

with warm maple syrup and powdered sugar

Anytime Starters

Broth or Borscht (LS, HS, GF) - beef, vegetable, or chicken broth

Sardine Plate (HS) - served with matzo crackers, pickled red onion, beets and cucumbers

Lox Plate (HS) - lox, capers, onion, tomato, cucumber and cream cheese, served with or without bagel

Side Garden Salad (LS, HS, GF, V) - chopped romaine, radishes, grape tomatoes, shredded carrots; garbanzo beans

Anytime Sides

French Fries or Tater Tots

Baked Potato or Yam

Coleslaw

Fresh Fruit Bowl

Steamed Broccoli

Asian Vegetables

Steamed Cauliflower

Anytime Selections

Egg or Tuna Salad Sandwich (LS, HS) - all sandwiches served with lettuce, tomato, onion and pickle

Wild Caught Salmon (LS, HS, GF) - poached, pan seared or bourbon glazed, served with baked sweet potato and steamed broccoli

Fish & Chips (LS) - battered cod filet, served with french fries, coleslaw, tartar sauce & lemon

Grilled Chicken (LS, HS, GF) - choice of boneless, skinless breast or boneless, skinless thigh, served with mashed potatoes and steamed broccoli

Hot Dog - served with sauerkraut and relish, also available plain; served with choice of french fries or tater tots

Manor House Sliders (LS) - mini ground beef burgers served on toasted bun with lettuce, tomato, onion and pickle spear. grilled onions, mushrooms & guacamole upon request

Breakfast Egg Entrees - omelets and eggs to order available all day

Crispy Tofu (HS, LS, V, GF) - stir fried with asian vegetables, garlic and ginger

GF - Gluten Free

HS - Heart Smart

LS - Low Sodium

V - Vegetarian

VG - Vegan

Anytime Starters

Hummus Plate (LS, HS, V) - served with pita chips and assorted vegetables

Sardine Plate (HS) - served with matzo crackers, pickled red onion, beets and cucumbers

Lox Plate (HS) - lox, capers, onion, tomato, cucumber and cream cheese, served with or without bagel

Side Garden Salad (LS, HS, GF, V) - chopped romaine, radishes, grape tomatoes, shredded carrots; garbanzo beans

Artichoke & Spinach Cheese Dip (V) - artichokes in a hot creamy cheese sauce, served with assorted crackers

Anytime Sides

French Fries or Tater Tots

Baked Potato or Yam

Coleslaw

Fresh Fruit Bowl

Steamed Broccoli

Asian Vegetables

Steamed Cauliflower

Anytime Selections

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Wild Caught Salmon (LS, HS, GF) - poached, pan seared or bourbon glazed, served with baked sweet potato and steamed broccoli

Fish & Chips (LS) - battered cod filet, served with french fries, coleslaw, tartar sauce & lemon

Cheese Blintzes (LS, V) - served with sour cream & fruit sauce

Classic Grilled Cheese (LS, HS, V) - choice of bread and swiss, cheddar or american

House Made Veggie Burger (LS, HS, V) - served on a toasted bun; swiss, cheddar or american available upon request

Breakfast Egg Entrees - omelets and eggs to order available all day

Veggie Hot Dog (VG, GF) - plant based hot dog served plain or with sauerkraut and relish

Crispy Tofu (HS, LS, V, GF) - stir fried with asian vegetables, garlic and ginger

Build Your Own Pasta Bowl - pasta (or zoodles for GF) tossed with olive oil and garlic; add veggies or salmon or Incogmeato breaded plant based "chicken" tenders!

"Chicken" Tenders and Fries - Incogmeato breaded plant based "chicken" tenders with french fries, choice of ranch or barbecue sauce

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HS - Heart Smart

LS - Low Sodium

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