



Low Fat/Calorie Menu

Feel free to *request* any dish that is not on the menu.

You may substitute Turkey, Chicken, Buffalo, Ostrich, Venison, Kangaroo, etc... in any of the regular menu items to make them "Heart Healthy" as well.

Hors d'oeuvres

🍴 Crudités

[kroo-dee-TAY] Blanched seasonal vegetables. Accompanied with a homemade dipping sauce of your choice: Blue Cheese, Oriental Ginger or Spicy Buffalo Ranch.

🍴 Veggie Chips

Fresh organic raw veggies. Sliced and marinated served chilled and crisp tossed in assorted seasoning.

🍴 Margheritas

Rich imported handmade buffalo mozzarella, basil and tomatoes on bamboo skewers and drizzled in infused olive oil.

🍴 Candy Bagel *and* Lox

Jasmine tea smoked salmon topped with caper on garlic bagel slice *very popular.*

🍴 Honey-Wasabi Glazed Cedar Plank Salmon In Lettuce Boat

Fresh Wild Salmon Glazed With A Sweet And Piquant Sauce Baked On A Cedar Plank To Enhance The Flavor. In Crisp Clean Finger Sized Lettuce

🍴 Chicken Satay

Tender Marinated Chicken Breast On Skewers Served W/ A Mild Satay Sauce.

🍴 Asian Style Stir Fry

Rice Noodles With Snow Peas, Sprouts, Shitake And Oyster Mushrooms. Tossed In A Fresh Ginger Sauce. Served In Spoons.

Any ingredients may be removed according to taste or dietary need. 1

All original recipes by Chef Natasha

Green Salads

🍷 Signature Pear Gorgonzola Salad

Many say its the best salad they've ever had! Radicchio, endive gorgonzola dolcelatte, cognac soaked cherries and sliced pears. Served with sherry vinaigrette!

🍷 Greek Salad

Fresh mixed premium greens, Greek kalamata olives, feta cheese. Served with homemade Greek dressing!

🍷 Strawberry Fields Salad

Fresh baby spinach and sliced strawberries with a homemade honey mustard poppy seed dressing.

🍷 Asian Style Salad

Crisp Shredded greens with mandarin oranges, green onions and fried crispies. Served with homemade oriental ginger dressing.

🍷 Classic Dinner Salad

Crisp greens, cherry tomatoes, sliced cucumbers, shredded carrots & diced cabbage.

Soups

🍷 Natasha's Chicken Tortilla Soup

Slow cooked savory soup w/ vegetables, queso fresco cheese, zesty spices and topped with home made tortilla strips.

🍷 Turkey Chili

Slow cooked with full-bodied spices. Can order extra spicy or mild.

🍷 Roasted Chicken and Brown Rice

Roasted chicken in hearty broth with brown rice, vegetables and Italian herbs.

Any ingredients may be removed according to taste or dietary need. 2

All original recipes by Chef Natasha

Chicken Dishes

New 🍴 Thai Chicken

Chicken poached in a light coconut milk with lime and lemongrass.

🍴 Chicken Fajitas

Our fajitas are doused with lime and marinated overnight in Mexican spices.

🍴 Rosemary Chicken

Marinated Chicken breasts encrusted with rosemary. So bright and colorful this dish will make you want it week after week.

🍴 Bar-B-Q Chicken

Classic southern barbeque style chicken. Marinated and slow cooked so the flavor is all the way through and all the way out. This will make you feel like you're sittin' round a campfire and have been slavin' all day. Whole Chicken or Chicken breasts depending on serving choices.

🍴 Sweet Honey Garlic Lemon Chicken

Just what it says.

🍴 Mango Black Bean Chicken

Latin spiced chicken in a black bean sauce with mango "relish". Great w/ sweet maduros and Spanish rice.

🍴 Italian Chicken

Delicious marinated Italian chicken. A real comfort food, great w/ any Italian pasta.

Turkey Dishes

🍴 Pasta alla Puttanesca

This classic Naples dish is a spicy mélange of tomatoes, onions, capers and black olives. All cooked together in with herbs, garlic and whole-wheat pasta. To make it hearty extra lean ground turkey is sautéed with herbs and tomatoes to taste similar to Italian sausage. Enjoy its intense fragrance.

Any ingredients may be removed according to taste or dietary need. 3

All original recipes by Chef Natasha

🍴 Turkey Burgers

Scrumptious juicy extra lean turkey patty with all the fixings on whole grain no sugar added bun. You wont miss the old way.

🍴 Spaghetti and Meat Sauce

Slow cooked tomato sauce will make you think you have an Italian Mama. With extra lean ground turkey cooked extra slow and juicy to soak up all the flavor and spice. With whole-grain spaghetti.

🍴 Smoked Turkey and Brie Sandwich

Sliced turkey breast with herb pesto and greens on whole wheat bread with creamy brie.

Meat & Seafood Dishes

🍴 Mediterranean Shrimp Salad

Plump fresh shrimp spritzed with lemon and seasoned in a divan of delicate orzo and light feta.

🍴 Tarragon Chicken Salad

Not your plain old chicken salad. This is great for making lunches out of also. It's a sweet and savory homemade chicken salad. Made from marinated chicken, then shredded and mixed with beautiful spices, fat free mayo & fresh tarragon. *Great on Ezekial Bread.*

🍴 Braised Salmon

Salmon braised in fat free organic free-range chicken broth with veggie of your choice and tomatoes.

🍴 Poached Halibut

Fresh halibut or other similar fish poached in lemon and vermouth and fresh tarragon.

🍴 Kangaroo Filet

This is the leanest tastiest meat in my opinion. Juicy red meat similar in flavor to venison and texture to steak with out any of the fat. *Order well in advance*

Any ingredients may be removed according to taste or dietary need. 4

All original recipes by Chef Natasha

🍷 Succulent Venison Hamburger

Juicy fresh wild caught venison patties seasoned with wild spices. Cooked medium rare and served with caramelized red onion, sweet low fat aioli, organic tomatoes, skim milk mozzarella cheese and on hearty whole grain buns.

🍷 Beer Marinated Pork Chops

Juicy low fat pork chops marinated in beer. Seasoned and pan seared. These tasty chops are sure to please any man.

🍷 5 Spice Pork Chops

Moist white pork chops seasoned and marinated with Chinese sauces and Chinese 5 spice. Just like a voyage to the other side of the world. Great with “fried” brown rice.

Side Dishes

Bread and Rice

🍷 Natasha’s Sweet Cashew Jasmine Rice

Sweet spices give it a far off taste that will make you feel like you have traveled the world to obtain it. *Warm in the oven on 350 with a moist towel over it or microwave. Can also be ordered w/ spiced turkey as a fabulous entree.*

🍷 Saffron Rice

Brown jasmine rice w/ saffron & Spanish seasonings.

🍷 Cinnamon Raisin CousCous

Couscous is Moroccan pasta that is made into tiny balls creating a delightful texture. With the spice of the cinnamon and the sweet and sour of the fruit, the combination is captivating.

🍷 Feta Mint Apple Couscous

Any ingredients may be removed according to taste or dietary need. 5

All original recipes by Chef Natasha

Couscous with chopped sweet apples, fresh mint leaves and creamy feta cheese. The blend of sweet and salty is to live for.

🍴 Asian Style Stir Fry

Rice noodles with snow peas, sprouts, shitake and oyster mushrooms and Sweet Ginger Sauce.

🍴 Turkey Sweet Potato Hash

A great twist on the traditionally greasier hash. This hash is light and savory, full of fresh herbs, peppers and onions. Makes a hearty Breakfast or side dish.



Fruits and Vegetables

New 🍴 Pan Seared Vegetable Medley

Seasonal Vegetables pan seared then poached in salty and savory Asian Fusion sauce.

🍴 Roasted Root Veggies

Assorted seasonal root vegetables seasoned (*some marinated*) and caramelized in white wine until tender to bring out the natural juices and sweetness.

🍴 Italian Green Beans

Citrus marinated, Italian seasoned crispy green beans with toasted almonds. Served chilled. These are delicious and great for those who are not fans of green beans.

🍴 English Peas

Green peas with fat free ham & sautéed onion.

🍴 Sautéed Spinach

Garlic spiced and full of flavor. You'll forget how nutritious this green leafy is for you.

🍴 Braised Cabbage

Sweet like candy and oh so healthy. What a surprising union.

Any ingredients may be removed according to taste or dietary need. 6

All original recipes by Chef Natasha

- 🍴 **Sautéed Asparagus Tips** Seasoned and sautéed till al dente.
- 🍴 **Fried Cauliflower** Lightly breaded and pan “fried” seasoned cauliflower, so scrumptious and savory. Great topped off with a squeeze of fresh lemon.
- 🍴 **Roasted New Red Potatoes** Naturally buttery flavored they are seasoned with loads of herbs, garlic & spices. Roasted so they are creamy in & crispy out.
- 🍴 **Honey Glazed Carrots** Sweet organic carrots, sautéed in a light honey glaze and tossed with plump juicy raisins.
- 🍴 **Fajita Sides**
 Corn Tortillas, Caramelized onions, jalapeños and bell peppers, Fresh cilantro & low fat shredded cheese. Black Beans & Mexican style brown rice.
- 🍴 **Barbeque Baked Beans**
 Slow cooked, deliciously spiced beans. Hand crushed mustard seeds and coriander gives it a kick while healthy molasses sweetens the deal.
- 🍴 **Masked Cauliflower**
 Lightly baked Cauliflower covered in barbeque *spices*.