

live better
live lean



menu options

Living Lean Breakfast

Omelet

Garden egg white omelet with spinach, tomato, mushrooms and green onions

Mexicali omelet with bell peppers, tomato, green onions and side of salsa.

Non fat yogurt served with fresh fruit (1/2 c fruit)

Salads

House tossed green salad served with balsamic vinaigrette*

California salad with grilled prawns grapes, oranges served with balsamic vinaigrette*

Albacore Tuna salad over mixed greens, carrots, mushrooms, tomatoes served with balsamic vinaigrette*

* all dressing served on the side

Entrees

Ahi Tuna (rare) with ginger teriyaki sauce on the side, steamed vegetables and brown rice

Blackened Salmon served with steamed vegetables and brown rice

Lemon Chicken with piccata sauce served on the side and brown rice and steamed vegetables