



OVERLOOK RESTAURANT

SKINNY MENU

TAKE OUT VERSION

Call 203-0000 x 1

JANUARY 2010

SKINNY MENU

ALA CARTE MENU

5 oz. CHICKEN BREAST

\$5.99

5 oz. PETIT FILET

\$12.99

5 oz. GRILLED SALMON

\$6.99

5 oz. BLACKENED SIRLOIN

\$7.99

5 oz. BLACKENED TILAPIA

\$5.99

GRILLED ASPARAGUS

\$4.99

STEAMED BROCCOLI

\$2.99

BAKED SWEET POTATO

\$1.99

SWEET POTATO COCONUT PUREE

\$2.99

PIZZA/PASTA

WHOLE GRAIN PESTO PIZZA

ZUCCHINI, YELLOW SQUASH, EGGPLANT, ROASTED RED PEPPERS,
SPINACH, ASPARAGUS, BLENDED CHEESES AND PESTO SAUCE

\$10.99

GRILLED VEGTARIAN LASAGNA

GRILLED ZUCCHINI, YELLOW SQUASH, ROASTED RED PEPPERS,
GOAT CHEESE, GRILLED ASPARAGUS AND MARINARA SAUCE

\$12.99

SVCC Bar & Grill accepts credit or debit cards only. An 18% gratuity will automatically be added.

SKINNY MENU

ENTREES

5 OZ. BLACKENED TILAPIA

WITH WILTED SPINACH, PORTABELLA MUSHROOM RAVIOLI AND TOMATO CREOLE SAUCE

\$11.99

5 OZ. PAN SEARED AHI TUNA

*BROCCOLI, ROASTED RED PEPPER AND WILTED GREENS, PINEAPPLE SCALLION CHUTNEY,
SOY, BALSAMIC VINEGAR AND SWEET CHILI ESSENCE*

\$14.99

5 OZ. HEREFORD FILET OF BEEF (GLUTEN FREE)

SWEET POTATO TWICE BAKED AND GRILLED ASPARAGUS

\$15.99

5 OZ. HEREFORD SIRLOIN (GLUTEN FREE)

ROASTED FINGERLING POTATOES AND STEAMED BROCCOLI

\$12.99

LEMON ROASTED CHICKEN BREAST

*CRANBERRY, ALMOND, WILD RICE, BARLEY AND QUINOA PILAF,
GRILLED MIXED VEGETABLES, LEMON AND HERBS DE PROVINCE JUS REDUCTION*

\$10.99

ROASTED GARLIC AND LEMON GRILLED CHILEAN SALMON

*PESTO COUS COUS WITH STEAMED GREEN BEANS, KALAMATA OLIVES, CHERRY TOMATOES, SPINACH AND FRESH
BASIL WITH A BALSAMIC SHERRY VINEGAR REDUCTION*

\$11.99

SKINNY MENU

SPECIAL REQUESTS

PLEASE FEEL FREE TO CONTACT JOSH OR CHEF BRAD TO
DISCUSS ANY MODIFICATIONS TO ANY
OF THE CURRENT ITEMS OR WE'LL TRY TO ACCOMMODATE
ANY SPECIAL NUTRITIONAL NEEDS.

PRICE TBD