

# Culinary Selections

## Appetizers

Sliced tomatoes, cucumbers, red onions, feta cheese, Kalamata olives, fresh basil & balsamic vinaigrette

**Greek Salad 10.5**

Chinese shredded cabbage, green onions, bell peppers, tortilla chips, diced chicken tossed in sesame seed oil dressing

**Asian Chicken Salad 10.5**

Fried calamari served with spicy aioli tomato sauce & garnished with lemon wedges

**Crispy Deep Fried Calamari 11**

Smoked salmon with baby green in vinaigrette dressing with chopped tomatoes, capers, red onions & boiled egg

**Smoked Salmon Salad 11**

Shrimps served with freshly made cocktail sauce & lemon wedges

**Shrimp Cocktail 12**

Array of garden grilled vegetables with mixed baby greens & balsamic dressing

**Vegetable Rainbow 12**

## Side Salads

California organic greens served with balsamic vinaigrette dressing, olives, goat cheese, candied walnuts & green onions

**Baby Mixed Greens Salad 9.50**

Hearts of Romaine lettuce with traditional Caesar dressing, baked garlic crouton topped with shaved Parmesan cheese

**Caesar Salad 9.50**

## Dinner Salads

Sauteed fresh prawns served with warm citrus dressing roasted red peppers sauce on a bed of organic spinach

**Spinach Salad With Prawns 17.5**

Grilled wild salmon filet served on a bed of organic baby greens tossed in a vinaigrette dressing garnished with lemon wedges

**Green Salad With Salmon 15.5**

## Splash Seafood

Fillet of wild salmon served over a bed of organic baby spinach, wild rice & light yogurt sauce garnished with lemon wedges

**Oven Roasted Wild Salmon 23**

Jumbo shrimps sauteed in olive oil, garlic, lemon sauce served on a bed of wheat linguine pasta & a julienne of garden vegetables

**Shrimp Scampi 27**

## Hamburgers

Patty of lean ground turkey with lettuce and tomatoes, grilled onions, with your choice of cheese on a toasted sesame bun

**Turkey Burger 14**

Patty of lean ground top sirloin with lettuce and tomatoes, grilled onions, bacon & your choice of cheese on a toasted sesame bun

**Splash Angus Burger 15**

# Culinary Selections

## Our Soups

Traditional organic grown chopped vegetables  
in a beef & chicken broth  
with orechiette pasta

**Minestrone Soup 8**

Our famous canellini Toscani  
soup with mild Italian sausage  
and gamberetto di prosciutto

**Tuscan White Bean Soup 9**

## Pastas

Wheat Angel hair pasta with spicy tomato  
sauce, scallops & shrimps  
garnished with fresh basil

**Fisherman's Angel Hair 19**

Baked home made lasagne  
ala Bolognese with grated  
Parmesan cheese

**Lasagne al Forno 16**

Tri-colored cheese filled tortellini in  
a sun dried tomato cream sauce  
topped with Parmesan cheese

**Tortellini Tricolore 16**

Taliatelle all'uovo tossed in a light cream  
sauce topped with a sprinkle of  
Chocolate Caviar.

**Tagliatelle al Chocaviar 16**



## Coca Cola Presents!!!

Pork Chop drizzled with Coca Cola  
reduction, on polenta & chef's choice  
vegetables

**PC.CC**

Coca Cola glaze over a grilled Breast of  
Chicken, on mashed potato & chef's  
choice vegetables

**CC.BC 19.50**

Coca Cola marinated Top Sirloin Cap,  
chard broiled "best served medium rare"  
sliced and served with pomme frit chef's  
choice of vegetables

**Capello di Papa 18**

Lake trout steamed over Coca Cola  
fumes staffed with fresh herbs with  
organic wild rice & chef's choice of  
vegetables

**Trota Dorata 22**

## Grilled Specialties

By Chef Gary

First choice beef fillet grilled & served with a  
Pinot Noir glaze, garlic mashed potatoes &  
garden vegetables

**Fillet Mignon Au Vin 33**

First choice New York cut, broiled & served  
with garlic mashed potatoes &  
garden vegetables

**New York Steak 31**

Grilled lamb chops marinated, with a Merlot  
mint sauce served with garlic mashed  
potatoes & vegetables

**Herb Crusted Lamb Chops 32.5**

Marinated free range half chicken, oven  
roasted served with garlic mashed potatoes &  
Grilled Vegetables

**Half Rotisserie Chicken 18.5**

*Prices do not include Tax & Gratuity. 18% service charge  
will be added to parties of 5 or more*



## VITALITY CHOICES

Iceberg lettuce, bacon *(upon request)*, tomatoes,  
turkey tossed in a balsamic vinaigrette  
dressing with avocado,  
half pear & crouton

### **Club Salad 8**

Shredded iceberg lettuce, tomatoes,  
cucumbers, garbanzo beans,  
grated carrots & tofu in a lemon-soy  
vinaigrette dressing

### **Vitality Salad 8**

Wild salmon fillet served over steamed  
vegetable & wild rice  
with lemon wedges

### **Blue Zone Salmon 17**

Courosel of fresh grilled seasonal  
vegetables served with tofu and  
drizzle with olive oil

### **Vegetarian Plate 12**

Melody of fresh seasonal fruit served with  
fresh plain yogurt

### **Blue Zone Fresh Fruit 12**

Grilled chicken breast served over baby  
spinach & brown rice

### **Vitality Chicken Breast 15**

Grilled sliced top sirloin served  
with sliced tomatoes drizzle  
with olive oil & fresh fruit

### **Steak Redondo**

Whole grain penne pasta with grilled  
vegetable in a light marinara  
sauce & fresh herbs

### **Vitality Pasta**

Albacore tuna salad plain yogurt based on  
sliced whole grain bread, lettuce,  
tomatoes with fresh fruit

### **Blue Chicken Sandwich**

Egg white omelet fresh sauteed spinach  
sprinkle of shallots & feta cheese served  
with sliced tomatoes drizzle with olive oil

### **Late Breakfast**

The above menu was created in an effort to promote & encourage  
Healthier Eating Habit to our guest, employees and surrounding neighbors.  
This portions are raccomended by Vitality City Heathway .

**"Hara Hachi Bu"**

## **Organic & Local Selection**

Northern California halibut grilled served  
with brown rice fresh seasonal organic  
vegetables and tomato, basil, capers sauce

### **Halibut 31**

Wild caught salmon fillet grilled served with  
organic wild rice fresh seasonal organic  
vegetable and light lemon olive oil sauce

### **Wild Salmon 25**