



CCC's Heart Healthy Menu

***Broiled Scottish Salmon Filet Salad~\$12.00**

Scottish Salmon fillet Broiled with White Wine, Kosher Salt and Pepper,
Served Over a Bed of Baby Greens, Pink Grapefruit and Orange Segments,
Tossed in Citrus Vinaigrette.

Per Serving: 177 cal, 23gr prot, 11 gr carbs, 1 gr fiber, 8 gr sugar, 59 mg chol, 4 gr total fat, 0.5 gr sat, 1.5 gr poly,
1.0 gr mono, 232 mg sodium

Shrimp Black Bean & Mango Salad ~\$10

Grilled Shrimp Served on Baby Greens with
Black Bean and Mango Salsa and Cider Vinaigrette.

Per serving: 260 cal, 18 cal from fat, 2 gr total fat, 0 gr fat, 87 mg chol, 135 mg sodium,
38 gr total carbs, 8 gr fiber, 24 gr protein.

Tandoori Chicken ~ \$9

Grilled Chicken Breast with Non-Fat Yogurt, Ginger, Cumin, Cinnamon,
Dijon Mustard and Red Wine Vinegar, Served on a Bed of Baby Greens

Per serving: 115 cal, 3 gr total fat, 1 gr sat fat, 49 gr chol, 171 mg sodium, 3 gr carbs, 19 gr prot, 55 mg calcium.

Pork with Cranberry Orange Pear~\$12

Pan Seared Pork Tenderloin with a Cranberry, Orange, Pear Sauce and Served
on a Bed of Baby Greens.

Per serving: 321 cal, 75 cal from fat, 8 gr total fat, 2 gr sat fat, 81 mg chol, 328 mg sodium,
36 total carbs, 6 gr fiber 27 gr protein.

***Seared Tilapia with Sausage Flecked Rice~\$18**

Seared Tilapia Fillet in Olive Oil with White Wine, Salt and Pepper. Served
Over a Bed of Flecked Rice and Haricot Verts.

Per serving: 161 cal, 21 gr prot, 15 gr carbs, 1 gr fiber, 1 gr sugar, 53 mg chol, 1.5 gr total fat, 0.5 gr poly, 0.5 gr mono,
374 mg sodium

Sesame Glazed Tuna ~ \$24.25

Sushi Grade Tuna, Grilled and Glazed with a Mixture of Soy Sauce, Sherry
Wine, Honey and Rice Wine Vinegar. Served on a Bed of Baby Greens and
Tossed in Honey-Balsamic Vinaigrette

Per serving: 202 cal, 50 cal from fat, 6 gr total fat, 51 mg chol, 750 mg sodium,
7 gr total carbs, 1 gr fiber, 29 gr prot.

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*** Please See Our New Items**