

COURTYARD CAFE

Eat, Drink & Be Healthy

Flounder -fresh Flounder filets blended with herbs
and fresh Crabmeat, then baked 9.50

Chinese Chicken Salad -chunky Chicken Salad
blended with Sesame Honey dressing, accompanied
by Pineapple, Olives, and Scallion flowers 7.50

Lambwich -seasoned Lamb, skillet-fried with Herbs
and Cheese, served with Pita Bread, Tomatoes,
and Sprouts 6.95

Beef Steak -rolled and stuffed with Spinach and
fresh Herbs, accompanied by a Sherry
Yogurt Sauce 7.95



These recipes have been prepared in accordance with American Heart Association guidelines. While these guidelines stress certain foods and means of preparation, the American Heart Association does not intend to endorse any particular product or brand used in these recipes.



American Heart Association