



Dinner at La Mer

May 15, through May 19, 2017

Starters

Low Sodium Vegetable Soup

Choice of diced chicken breast
Or noodles **Cup \$ 2.95**

Soup Du Jour

Chef's Delicious Cuisine
Bowl \$ 3.95

La Mer House Salad

Traditional chopped
Lettuce with vegetables
\$2.95

Caesar Salad

Basic with croutons
\$3.25

Appetizer

(If you prefer this item as an Entrée, please double the price)

Avocado Stuffed with Baby Shrimp, Surimi Salad

Half of a grilled avocado filled with shrimp and surimi tossed with sweet corn, diced onions, bell peppers
drizzled with cilantro aioli sauce

\$7.85

Entrée Features

All Entrées include a cup of soup or a starter salad with two sides.

All featured sauces may be served on the side as requested

Grilled Butterfly Trout Fish with Mango, Papaya Relish

Marinated with fresh aromatic herbs, then sprinkled with sea salt drizzled with olive oil, then chargrilled and
finished in the oven with white wine until done, topped with refreshing mango papaya relish

\$15.75

Braised Lamb Shanks

Marinated overnight with fresh herbs, garlic, shallots, cracked black pepper corns, sea salt drizzled with olive oil,
then braised with root vegetables add red wine demiglace sauce, cooked slowly until done, served over fresh
horseradish mashed potatoes and sprinkle with fresh gremolata

\$14.99

Black Angus Flat Iron Steak with Crimini Mushroom

7 oz. steak seasoned with ground chili spice and coffee, garlic, cracked black pepper corns and sprinkle with sea
salt, pan seared until tender, and served with candoni cabernet sauvignon red wine with mushrooms demiglace
sauce

\$13.75

Sweet-Spicy Chicken Breast Tenders

Boneless chicken thighs marinated overnight with oriental sauce, ginger, and garlic then sautéed with Kyoto
blend mix, bell peppers, onions and tossed with sweet & spicy sauce. Served over fried rice

\$13.45

Fresh Whole Wheat Linguini Pasta

Fresh vegetables, herbs and garlic sautéed in
Extra virgin olive oil

Assorted Vegetable Ravioli Pasta

Broccoli and Fontina Cheese Round Ravioli
Four Cheese, Portabella mushroom Panzotti

\$9.95

Gluten Free Penne Pasta

Served Primavera Style or Tossed with
Pomodorina Sauce, then Crowned with Grated
Cheese.

\$9.99

Casual Fare

La Mer Burger*

7oz. charbroiled Angus beef patty served on a
whole wheat bun with lettuce, tomato, onion,
pickles and your choice of fresh potato chips, steak
fries, sweet potato fries or fresh fruit.

\$7.45

Jumbo Shrimp Cocktail

Served with cocktail sauce and wedged lemons

\$9.99

7oz Black Angus Filet Mignon*

Served with your choice of two sides

\$19.95

A la Carte Sides

Daily Fresh Vegetables **\$2.32**

Baked Idaho Potato **\$2.32**

Baked Sweet Potato **\$2.32**

Steak Fries **\$2.32**

Fresh Potato Chips **\$1.75**

Sweet Potato Fries **\$ 2.32**

*These items may be cooked to order.

Consuming raw or undercooked meats, seafood, or eggs may increase your risk of food borne illness.

