



Dinner at La Mer

July 10, through July 14, 2017

Starters

Low Sodium Vegetable Soup	Soup Du Jour	La Mer House Salad	Caesar Salad
Choice of diced chicken breast	Chef's Delicious Cuisine	Traditional chopped	Basic with croutons
Or noodles Cup \$2.95 Bowl \$3.95	Cup \$2.95 Bowl \$4.00	Lettuce with vegetables \$3.00	\$3.45

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Appetizer-

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

Fried Calamari

Marinated overnight then lightly crusted with seasoned flour, fried and served with your choice of cocktail sauce or sweet chili sauce

\$5.95

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.

San Sebastian Style Orange Roughy

Seasoned with fresh aromatic herbs, drizzled with olive oil, then pan seared with baby sea clams, dried Spanish chorizo, tomatoes and red wine

\$14.95

Seared Beef Tenderloin Medallions A la Diane

Seasoned with cracked black pepper corns, garlic, fresh herbs, sea salt, then pan seared with cognac, sliced mushrooms, and heavy cream, topped with demi-glace sauce.

\$13.75

Greek Style Moussaka Dish

Eggplant & potatoes layered with a filling made from ground lamb and ground beef containing special Greek ingredients. Topped with succulent béchamel sauce.

\$12.99

Macadamia Nut Crusted Chicken Breast with Red Curried Coconut Sauce

Butterfly skinless boneless chicken breast, marinated with coconut oil, coconut milk, Asian ingredients, fresh ginger, then lightly crusted with macadamia nut crumbs, pan seared and finished in the oven

\$13.60

Casual Fare

Fresh Whole Wheat Linguini Pasta

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

Assorted Vegetable Ravioli Pasta

Mascarpone Cheese & Scallions
Florentine, Portabella mushroom

\$9.95

Or

\$9.95

(Add Meat Sauce \$ 1.25)

Gluten Free Penne Pasta

Served Primavera style or tossed with Pomodorina sauce, then crowned with grated cheese.

\$9.99

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

\$9.75

7oz Black Angus Filet Mignon*

Served with your choice of two sides

\$19.75

A la Carte Sides

Daily Fresh Vegetables \$2.32	Baked Sweet Potato \$2.32	Fresh Potato Chips \$1.75
Baked Idaho Potato \$2.32	Steak Fries \$2.32	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.

