



ALIVE INSPIRED
HEALTHY MENU



ENTREES

• KEY WEST CHICKEN & BLACK BEAN-QUINOA SALAD

A charbroiled chicken breast marinated in our signature homemade sauce. A taste of sweet with a hint of lemon-lime makes it perfectly balanced. Served with black bean and herbed quinoa salad. *Order without the marinade and add Cajun, lemon-pepper or BBQ sauce. \$7.99*

• GRILLED FISH

Choose from grilled or broiled. *Add a seasoning: blackened, Cajun or lemon pepper.* Served with herbed quinoa and fresh vegetable side.

🍷 **Salmon \$12.99** 🍷 **Mahi Mahi \$10.99**

🍷 **Cod \$9.99** 🍷 **Tilapia \$8.49**

• GAVEL'S HEALTHY BITE OF THE DAY

Ask your server for our **ALIVE** inspired healthy choice prepared fresh daily.

All **ALIVE** inspired healthy menu options meet the National Restaurant Association's nutrition criteria. Entree items are 750 calories or less, 25 grams of fat or less, and 8 grams of saturated fat or less. Kid's meals are 600 calories or less, 35% of calories from total fat or less, 10% of calories from saturated fat or less.

The Gavel is part of the *Choosing Health!*® Restaurant Initiative. These organizations have contributed to the development of this menu:





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SALADS

Served with a whole wheat pita stick.

Dressings: Ranch ~ Italian ~ Bleu Cheese ~ 1000 Island ~ Russian ~ Celery Seed ~ Fat-Free French & Ranch ~ Raspberry or Balsamic Vinaigrette ~ Honey Dijon

CLUB

Mixed greens with our in-house, slow roasted turkey and lightly smoked ham. Topped with tomatoes, monterey jack cheese and sliced hard-boiled egg whites. Served with your favorite dressing. **\$7.99 Lunch/\$8.99 Dinner**

MICHIGAN CHERRY GRILLED CHICKEN

Fresh mixed greens topped with dried Michigan cherries, mandarin oranges, walnuts and tender chicken breast. Served with Raspberry Vinaigrette. **\$7.99 Lunch/\$8.99 Dinner**

CASHEW CHICKEN

Crisp mixed greens topped with tender chicken breast, pineapple, mandarin oranges, roasted cashews and rice noodles. Served with a delicious Celery Seed dressing. **\$7.99 Lunch/\$8.99 Dinner**

CAESAR

Crisp romaine lettuce tossed with house made low-fat, low-calorie Caesar dressing and topped with tomatoes, parmesan cheese and our whole wheat pita croutons. **\$5.99 Lunch/\$6.99 Dinner**

👉 Add Grilled Chicken \$2.00 👉 Add Grilled Salmon \$3.00

ALIVE & KICKIN

Fresh spring mix, spinach, California blend, broccoli, carrots, green peppers, red onion, black beans and herbed quinoa served with choice of dressing. **\$6.99 Lunch/\$7.99 Dinner**

👉 Add Grilled Chicken \$2.00 👉 Add Grilled Salmon \$3.00

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KID'S MENU

Includes a small beverage. For our guests over 10, add \$2.50 to the price of a meal (no other discounts/coupons – please).

KEY WEST CHICKEN STRIP

A charbroiled chicken breast marinated in our signature homemade sauce served on a skewer. Served with 2 sides. **\$4.99**

TACO

A soft flour OR crisp corn tortilla stuffed with ground beef, cheddar monterey jack cheese, lettuce and tomatoes. Served with 1 side. **\$4.79**

SPAGHETTI

Traditional Italian spaghetti served with your choice of our delicious meat sauce or marinara sauce. Served with 1 side. **\$4.59**

WHOLE WHEAT PITA PIZZA

Delicious and nutritious! Lightly smoked ham and mozzarella cheese served on a yummy whole wheat pita. **\$6.99** Add toppings for \$1.00: green peppers, onions, black olives, mushrooms, tomatoes, broccoli, pineapple.

SIDES

- APPLESAUCE
- CALIFORNIA BLEND (\$.99 extra)
- FRESH BROCCOLI (\$.99 extra)
- GREEN BEANS
- CORN
- BAKED POTATO (\$.99 extra)
- HERBED QUINOA
- FRESH VEGETABLE (in season/upon availability)

BEVERAGES

- WHITE OR CHOCOLATE MILK
- JUICES (CRANBERRY,
PINEAPPLE, GRAPEFRUIT)
- FRESH SQUEEZED ORANGE
JUICE
- ~ No Free Refills Please ~

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