

Members receive 10% off Wellness Club entrees.  
Non-members may purchase these entrees at full price. Menu items are listed at full price.

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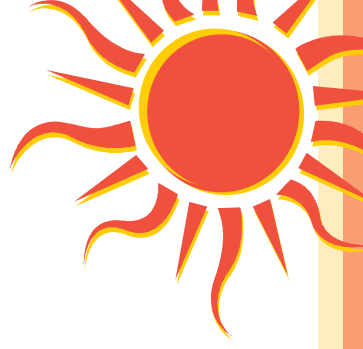
**Garden Shrimp or  
Grilled Chicken Breast Salad .....\$4.85**  
with 2 T balsamic dressing.

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**Any Grilled Fish Sandwich .... \$4.95 - \$5.45**  
Limit to 1 T tartar sauce.  
(See fish varieties on the next page)

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**Any Grilled Fish Dinner ..... \$7.95 - \$9.95**  
with rice, 2 T coleslaw and roll.  
(See fish varieties on the next page)



## Garden Shrimp Salad

Calories: 181

Fat: 17.5 gm

Sat Fat: 1.6 gm

Carbs: 6 gm

## Grilled Chicken Breast Salad

Calories: 407

Fat: 15.5 gm

Sat Fat: 3.1 gm

Carbs: 6 gm

	<i>Dinner Totals</i>	<i>Sandwich Meal Totals</i>
<b>Tuna</b>	Calories: 596 Fat: 15 gm Sat Fat: 2.1 gm Carbs: 58	Calories: 407 Fat: 11.2 gm Sat Fat: 1.8 gm Carbs: 32 gm
<b>Grouper</b>	Calories: 573 Fat: 15.2 gm Sat Fat: 2.4 gm Carbs: 58	Calories: 384 Fat: 11.4 gm Sat Fat: 2 gm Carbs: 32 gm
<b>White Fish</b>	Calories: 685 Fat: 23 gm Sat Fat: 4.5 gm Carbs: 58	Calories: 496 Fat: 19 gm Sat Fat: 4.1 gm Carbs: 32 gm
<b>Salmon</b>	Calories: 691 Fat: 23.7 gm Sat Fat: 3.9 gm Carbs: 58	Calories: 502 Fat: 19 gm Sat Fat: 3.5 gm Carbs: 32 gm

10% discount applies only to entrées on this list and may not be combined with any other discount or special pricing. Prices subject to change. This discount cannot be applied to regular menu entrées, beverages or gratuity. Nutritional values listed are estimated based upon recipe amounts. Actual values may vary according to preparation.