



Glatt • A • La Carte

SALADS

GRILLED PORTOBELLO & ROASTED SWEET POTATO SALAD (Counts as: Vegetables & starch)

BBQ BEEF SALAD (Omit fried potatoes and count as: Protein & vegetables)

SIDE DISHES:

SAUTEED BROCCOLI & ROASTED GARLIC (1 serving Free)

GRILLED WHITE ASPARAGUS (Free)

PICKLES (Free)

MASHED POTATOES (Count as: starch)

GRILLED VEGETABLES

ISRAELI SALAD

SOUP:

VEGETABLE SOUP (Count as: 1 serving free)

CHICKEN, DUCK AND FISH:

(oz. depend on plan)

With steamed vegetables and (Pick one:)

- ½ cup mashed potato

Israeli salad / Grilled vegetables

MEDITERRANEAN BRONZINO

GRILLED SALMON

GRILLED CHICKEN BREAST

GRILLED BABY CHICKEN

RESERVE CUT

14 OZ. BONELESS RIB EYE

16 OZ. BONE IN RIB STEAK

GRILLED VEAL CHOP

BABY LAMB CHOPS

COFFEE RUBBED RACK OF BEEF RIBS

