

GS Denotes a dish that is made without gluten or can be made gluten friendly

V Denotes a dish that is vegetarian or can be made vegetarian

SMALL PLATES

GS **Shrimp Cocktail** (Kcal.140 | Sodium 1030 mg | Carbs 25g) 6 | 9
Argentinian red shrimp served with cabbage, lemon and cocktail sauce.

Chicken Wings (8) (Kcal.140 | Sodium 1030 mg | Carbs 25g) 7 | 10
Choice of buffalo, BBQ, salt & pepper, salt and vinegar; served with carrots and celery and ranch or bleu cheese.

GS **Salmon Bites*** (Kcal.273 | Sodium 395 mg | Carbs 29g) 10 | 13
Tender pieces of salmon seasoned with lime salt and brown sugar and seared medium rare. Make it a bowl; half the protein and served with rice and broccoli. Bowl: 7.5 | 9.5

GS **Steak Bites*** (Kcal.273 | Sodium 395 mg | Carbs 29g) 10 | 13
Steak pieces seared medium rare and served with a sweet and spicy dipping sauce. Make it a bowl; half the protein and served with rice and broccoli. Bowl: 7.5 | 9.5

GS **V** **Crudit ** (Kcal. 195|Sodium 268mg | Carbs 36g) 2 | 5
Raw carrots, celery, cucumbers and bell peppers; served with ranch or bleu cheese.

SOUP DU JOUR

Cup 1.75 | 3.75 Bowl 3 | 6

SALADS (Nutritional information based on small salad)

GS **Baby Romaine Caesar Salad*** (Kcal. 223 |Sodium 172mg | Carbs 7g) Small 2.50 | 5.50 Large 4.50 | 7.50
Romaine lettuce, bacon, croutons, parmesan crisp, tomatoes with Caesar dressing.

GS **V** **Syren’s Grille Salad** (Kcal. 393 |Sodium 137mg | Carbs 33g) Small 2.75 | 5.75 Large 4.75 | 7.75
Mixed greens, apples, strawberries, cranberries, feta, candied walnuts, and champagne vinaigrette.

GS **Spinach Salad** (Kcal. 323 | Sodium 160mg | Carbs 12g) Small 2.75 | 4.75 Large 4.75 | 7.75
Spinach tossed with bacon, red onion, hard boiled egg, lemon vinaigrette dressing.

GS **V** **Fiesta Salad** (Kcal. 137 | Sodium 466mg | Carbs 16g) Small 3 | 6 Large 5 | 8
Romaine lettuce, tomatoes, black olives, corn, pico de gallo, bell peppers, feta or vegan cheese, avocado, corn tortilla strips and served with a cilantro– lime vinaigrette dressing (add Mexican seasoned tofu for \$2).

GS **V** **Soup Salad Combo** (Kcal. 137 | Sodium 466mg | Carbs 16g) 5 | 8
A cup of our soup du jour and choice of a small salad above.

ADD-ONS

Chicken 4 | 7 Shrimp 5 | 8 Salmon 9 | 12 Tofu 2 | 5 Avocado .75 | 1.5

GS **V** **SANDWICHES** Most sandwiches/tacos can be made vegetarian and/or with gluten free bread/bun or lettuce wrap. All sandwiches/tacos come with choice of soup, salad or side.

Burger Bar* (make it a patty melt, rye bread, burger, caramelized onions, Swiss cheese, 1000 island) 6.5|9.5

Beef (Kcal. 756 | Sodium 1140mg | Carbs 48g Chicken (Kcal. 512 | Sodium 1088mg | Carbs 48g) Impossible (Kcal. 738 | Sodium 1349mg | Carbs 65g Black Bean (Kcal. 681 | Sodium 1089mg | Carbs 66g

Extra Patty: 2 | 4 Add bacon +1. Add avocado +.75

-Tomato -Lettuce -Cheddar or Swiss Cheese -Aioli -Mustard -Ketchup -Mayo
-Onion -Pickles

Birria Tacos (Kcal: 1034 Sodium: 986mg Carbs: 88g) 7|10
Choice of two shredded beef (slightly spicy) or grilled chicken stuffed inside corn tortillas, topped with melted cheese and pan-fried; dipped in a red enchilada sauce and served with shredded lettuce, sour cream, pico de gallo and guacamole.

Turkey Reuben (Kcal: 460 Sodium: 879mg Carbs: 33g) 6.5|9.5
Roasted turkey atop toasted rye bread, with Russian dressing, Swiss cheese and sauerkraut.

Caprese Panini (Kcal: 501 Sodium: 1496mg Carbs:46g) 6.5|9.5
French roll (or substitute gluten free bun) topped with mozzarella cheese, basil, artichoke hearts, balsamic glaze, tomatoes and a zucchini butter pressed on the panini grill.

Build Your Own Sandwich (nutritional based on selection) Full Sandwich 6 | 8 Half Sandwich 4.5 | 6.5
Bread: white, wheat, sourdough or rye, roll
Condiments: tomato-balsamic aioli, mustard, mayonnaise
Meat: turkey breast, black forest ham, bacon, egg salad, tuna salad
Cheese: cheddar and Swiss
Fixings: lettuce, tomato, sliced onion, pickle



Denotes a dish that is made without gluten or can be made gluten friendly



Denotes a dish that is vegetarian or can be made vegetarian

Denotes a dish that can be made heart healthy



PASTA all pastas can be made with gluten free pasta and/or vegetarian and all pasta dishes served with toasted bread and choice of one side or salad for additional cost (nutritionals vary based on choices).

Build Your Own Pasta

Half Order 4 | 7 Full 7 | 10

Choice of one sauce: pesto, marinara, red meat sauce (2 l 5), alfredo, white-wine butter, cheese sauce, OR scampi

Choice of one noodle: spaghetti, penne, linguine, fettuccini, whole-wheat or gluten-free pasta.

Cheese Tortellini (Kcal. 300 | sodium 365mg | Carbs 15g)

Half Order 5 | 8 Full 7 | 10

Cheese filled tortellini pasta tossed in choice of sauce; garnished with parsley and parmesan cheese.

ADD-ONS

Chicken 4 | 7 Shrimp 5 | 8 Salmon 9 | 12 Tofu 2 | 5 Chicken Parmesan 5 | 8 Italian Sausage 2 | 3

ENTRÉE



Pork Chop* (Kcal. 300 | sodium 365mg | Carbs 15g)

6 | 9

Grilled to order, 6 ounce, bone-in chop, topped with peach salsa (diced peaches, cilantro, onion, lime, olive oil tomato); served with choice of starch and choice of vegetable.



Rack of Lamb* (Kcal. 645 | sodium 337mg | Carbs 47g)

13 | 16

Half a rack cooked medium rare, roasted with garlic and herbs, served with mint jelly and choice of starch and vegetable.



Sirloin* (Kcal. 809 | sodium 196mg | Carbs 39g)

11 | 14

Eight ounce ball tip steak seasoned with salt and pepper and cooked to order; served with choice of starch and vegetable.



King Salmon* (Kcal. 410 | sodium 88mg | Carbs 2g)

12 | 15

Six ounce Una King Salmon pan-seared to order and finished with lemon; served with choice of starch and vegetable.



Robert’s Mochiko Chicken (Kcal. 480 | sodium 750mg | Carbs 30g)

6 | 9

Chicken thigh pieces marinated with Tamari, ginger, sesame oil, green onion and sugar, dredged with egg and rice flour and fried; served with choice of starch and vegetable.

Fish and Chips (Three piece: Kcal. 750 | sodium 1600mg | Carbs 70g) *Substitute both sides for a small salad* Two piece 5 | 8

House-made beer-battered cod; served with fries, coleslaw, and tartar sauce. Three piece 7 | 10

Honey Walnut Shrimp (Kcal. 615 | sodium 816mg. | carbs 23mg)

Half Order 6 | 9 Full 9 | 12

Breaded corkscrew shrimp, fried and tossed in a sweet and tangy sauce (mayo, honey, orange juice, sweet chili); served with basmati rice and choice of one side.



Swedish Meatballs (5) (Kcal 579 Sodium: 1035mg Carbs: 40g)

6 | 9

Ground beef and ground pork mixed with gluten free flour, gluten free breadcrumbs, milk, egg, onion, nutmeg, cardamom, pepper and salt, in a cream sauce (sour cream, demi-glaze, jelly, butter, gluten free flour); served with mashed potatoes and choice of vegetable.



Cheese pizza or Build Your Own Pizza (Kcal. 903 | sodium 1608mg. | carbs 71mg)

6+ | 9+

Cauliflower, pinsa flatbread or vegan pizza crust with marinara and Italian cheese; choose up to three toppings, \$.50 each. Topping choices: Italian sausage, salami, ham, pepperoni, bacon, bell pepper, spinach, olives, chickpeas, onion, mushrooms, tomatoes, squash; choice of one side.



Trout Piccata (Kcal. 489 | sodium 287mg | Carbs 34g)

8 | 10

Lightly dredged with gluten free flour 6 ounce Rainbow Trout filet, pan fried and topped with a lemon-caper, butter sauce; served with choice of starch and vegetable.

SIDES 1.5 | 2.5
cup of soup

seasonal vegetable

sautéed seasonal squash

garden mixed vegetables

steamed broccoli

steamed carrots

steamed corn
tator tots

steamed spinach

steamed peas

coleslaw

sautéed mushrooms

steamed green beans

fruit cup

potato chips

mashed yukon gold potato

sweet potato fries

fries

baked sweet potato

baked potato

basmati rice

cauliflower rice

quinoa

potato gratin

Asterisk * denotes items that can be cooked to your specification. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.