

**GALE'S**  
 **HEALTHYISH MENU**

**POACHED SALMON SALAD 18**

*fresh poached salmon served simply with organic greens and vegetables and herb vinaigrette*

**CHOPPED SALAD WITH ARUGULA 15**

*a chopped combination of arugula, mixed baby greens, romaine, artichoke hearts, grape tomatoes, hearts of palm, red onion, asparagus, green beans and basil vinaigrette with chicken or shrimp 17 with salmon 19*

**GRILLED FLANK STEAK SALAD 18**

*grilled flank steak thinly sliced and served with romaine lettuce, gorgonzola cheese, red onion, grape tomatoes and a creamy vinaigrette*

**GRILLED CHICKEN ARUGULA SALAD 17**

*grilled chicken breast served on a bed of fresh arugula and shaved fennel with lemon vinaigrette*

**ITALIAN TUNA SALAD 17**

*albacore tuna mixed with chopped red onion, capers, light olive oil and vinegar, baby greens, sliced tomato, cucumber, kalamata olives*

**MEDITERRANEAN SHRIMP SALAD 17**

*romaine and mixed baby lettuce, red onion, feta cheese, tomatoes, kalamata olives, and large sautéed shrimp*

**WHOLE WHEAT PASTA WITH FRESH MOZZARELLA 16**

*whole wheat spaghetti pasta with locally made fresh mozzarella, tomato, basil, zucchini and eggplant*