Boneheads
*Our Best Bets Selections*

**Appetizers:**
- Hummus Trio (Order without Feta cheese)

**Salads:**
- House Salad
- Baby Spinach (Replace Feta cheese with dried cranberries)
  *When ordering salads as an entrée, we recommend adding grilled chicken or fish as an excellent source of lean protein for added nutritional benefit.*

**Sandwiches:**
- Grilled Fish Sandwich (Request no butter brush before grilling)
- Piri Piri Chicken Sandwich
- Roasted Portabello Sandwich (Order without Feta cheese)

**Specialties:**
- Vegetable Plate (Select from sides listed below)
- Hummus Wrap (Choose the whole wheat tortilla and omit cheese)

**Grilled Fish:**
*Request no butter brushing before grilling and substitute rice for side - listed below*

**Topping:**
- Cucumber Dill
- Pineapple Salsa

**Piri Piri Chicken:**
- Boneless Chicken Breast (Substitute rice for side - listed below)

**Sides:**
- Asian Cilantro Slaw
- Grilled Asparagus
- Grilled Bell Peppers (Request no butter)
- Grilled Zucchini (Request no butter)
- Grilled Sweet Potatoes (Request no butter)
- Side House Salad (Choose Vinaigrette dressing or vinegar & oil)

**Just for Kids:**
- Grilled Chicken (Select form side items - listed above)