



Hilton Head Health

LUNCH MENU

JACK NICOLAS WEDGE SALAD

Crispy refreshing Iceberg lettuce,
HHH bleu cheese, chives and turkey bacon bits

100 CALORIES, 5 FAT

MINI TURKEY BURGERS

With tomato, red onion, BBQ sauce, cornichon pickle
and a Rosemary Biscuit

240 CALORIES, 5 FAT

Vegetarians will enjoy:

GRILLED GARDEN BURGER WITH CHEESE

200 CALORIES, 6 FAT



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LUNCH MENU

ASIAN CRUNCH CHICKEN SALAD

Chopped bok choy, nappa cabbage and iceberg tossed with cilantro-lime dressing, julienne vegetables, edamame and crispy mein noodles, with Panko crusted Georgia-raised hormone and anti-biotic free chicken tenders and Thai Peanut dressing

309 CALORIES, 9 FAT

Vegetarians will enjoy:

ASIAN CRUNCH NORI ROLL SALAD

The same great salad topped with Nori Roll

COMPARABLE COUNTS

Optional additional calories:

SELF SERVICE SOUP DU JOUR

CHECK THE LABEL FOR DETAILS



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LUNCH MENU

GREEK ISLAND SALAD

Chunky bites of North Carolina tomatoes, hot house cucumber, red onion, celery, bell peppers and romaine, tossed with our house Feta-Dill Dressing, crowned with micro sprouts, pepperoncini and Calamata olive

SERVED WITH:

Freshly baked, house made Garlic Yogurt Pita

240 CALORIES, 6 FAT



VEGETABLE LENTIL SOUP

60 CALORIES, 1 FAT