



Hilton Head Health

DINNER MENU

PORK TENDERLOIN MARSALA

Noisettes of pork dredged in seasoned flour and sautéed, with assorted mushrooms in sherry-broth, served with Barley and Green Pea Risotto and roasted mushroom spear

325 CALORIES, 6 FAT

Vegetarians will enjoy:

TOFU MARSALA

The same savory dish prepared with thin slices of organic soy cheese

COMPARABLE COUNTS

CAESAR SALAD HHH

Wedge style romaine heart, napped with house Caesar dressing, dusted with parmesan and chopped parsley with garlic crouton plank

75 CALORIES, 4 FAT



Hilton Head Health

DINNER MENU

GRILLED JUMBO SEA SCALLOPS OVER ANGEL HAIR

Light whole grain Barilla Plus pasta tossed with sun dried tomatoes and our light Alfredo Sauce, topped with roasted asparagus and succulent sweet scallops with 6-Grain Garlic Toast

340 CALORIES, 11 FAT

Vegetarians will enjoy:

PASTA PRIMAVERA ALFREDO

COMPARABLE COUNTS

SELF SERVICE SALAD SELECTIONS

UP TO 50 CALORIES



Hilton Head Health

DINNER MENU

CHICKEN SANTA FE

Georgia farm-raised Chicken Breast, marinated in garlic, lime and cilantro, grilled and fanned; served with Aztec Grain Temple, an “Indian Harvest” blend of amaranthe, split peas and colosari red rice; and Summer Squash and Sweet Corn Saute; Green Pea Guacamole; and HHH Salsa

368 CALORIES, 7 GRAMS FAT

Vegetarians will enjoy:

TEMPEH ENCHILADAS

COMPARABLE COUNTS

SELF SERVE SALAD SELECTIONS

UP TO 50 CALORIES