

THE FITNESS EDGE

"EXERCISING GOOD TASTE"

Smaller portions for the diet conscious or the not so hungry!

Petite Bistro Filet (8pts.) - \$16.

Four ounce cut.

Pan Seared Scallops (10pts.) - \$23.

Six ounces of scallops seared with olive oil, roasted red peppers, and portabella mushrooms.

The Trim Haddock (12pts.) - \$18.

Eight-ounce filet of haddock baked with a touch of white wine and lemon and topped with cherry almond sauce.

Orange Chicken (8 pts.) - \$16.50

Boneless chicken breast dipped in an orange dijon marinade and breaded with whole wheat bread crumbs.

Baked Pork Chop (8pts.) - \$16.50

Single pork chop topped with homemade apple chutney.

Lite Lazy Lobster (1pt.) - \$23.

Four ounces of steamed lobster meat, with a hint of lemon.

Choose two of the following items to be served with your entree: (0-3 pts. each)

Garden Salad,
Wheat Pasta with olive oil, parsley, and basil,
Roasted Asparagus with low fat raspberry vinaigrette

CASUAL AND COMFORT FARE

Quiche and Salad - \$9.75

Daily quiche served with a garden salad.

Lobster Crab Cake

Sandwich - \$15.95

Served on a bulkie roll with lettuce, tomato, and orange ginger remoulade.

Tuscany Turkey - \$9.95

Sliced turkey with spinach, tomato, bacon, and Swiss, baked with a boursin spread on a hoagie roll.

Santa Fe Chicken - \$9.50

Boneless chicken breast, sun-dried tomato, pesto, shredded jack cheese served on a bulkie roll.

Chicken Teriyaki - \$9.50

Marinated grilled chicken breast on a bed of rice, topped with pineapple. Served with garden salad.

Toasted Club Sandwich - \$10.50

Ham, turkey, lettuce, tomato, and bacon, served on toasted white, wheat, or pumpnickel-swirl bread.

Classic Burger - \$9.95

Angus beef topped with cheese and served with lettuce, tomato, and onion.

Sweet Vidalia Burger - \$10.50

Served with lettuce, tomato, and topped with Vidalia onions.

Hot Veggie Wrap - \$9.75

Sautéed artichokes, mushrooms, onions, peppers and tomatoes, rolled in a soft tortilla, with melted cheese. Served with sides of sour cream, salsa.

Philli Cheese Steak - \$9.95

Thinly sliced beef with sautéed onions, peppers, mushrooms, and cheddar cheese.

Pick of the garden - \$9.50

Pumpnickel swirl, piled high with broccoli, sautéed mushrooms, fresh cucumber, sprouts, and tomato. Topped with creamy sweet and sour sauce and baked with Swiss cheese.

Thank you for joining us at Mame's!! If you enjoy your meal, please tell a friend, if you are not satisfied, please tell us!!