

This menu came about after Dewey Blaylock, Patti's husband, had a serious wake up call regarding his heart. Through diet and exercise, he lost the weight he needed to lose and has kept it off. Several people inquired as to what he eats when he dines here, hence...

## What Dewey Eats For Lunch

(aka as healthy as we can get)

### Appetizers

#### **Shrimp Cocktail - \$9.50**

A dozen shrimp with SCG cocktail sauce

#### **Tuna Tataki - selfish - \$8.95 share - \$13.55**

Our lightly seared and sliced Ahi Tuna is served with our soy glaze, wakami salad, wasabi and pickled ginger. Chop sticks available. Selfish is a 3-4 oz portion and Share is a 6-7oz portion. You be the Boss!

### Salads

#### **Caprese Salad - \$6**

Fresh Sliced Tomato, Fresh Mozzarella, Fresh Basil and drizzled with balsamic glaze

#### **Chicken Mandarin Salad with Oriental Dressing - \$9.55**

Grilled chicken breast, mandarin orange wedges, and shredded carrots over mixed salad greens, served with our own Oriental Dressing

#### **Buffalo Chicken Salad - \$9.55**

Grilled chicken breast dipped in spicy buffalo sauce and served on a bed of mixed greens, with tomato wedges, cheddar cheese and shredded carrots, served with your choice of dressing

#### **Chief's Chef Salad - \$7.50**

House Salad with turkey, cheddar cheese, chopped egg, tomato wedges, purple onion, and served with your favorite SCG salad dressing.

#### **Crispy Lettuce Wedge and Gumbo - \$8.50**

Ice cold iceberg lettuce wedge, bacon bits, tomato and your choice of dressing and a cup of our Crawfish Gumbo - no rice

#### **House Salad - \$4.50 Large House Salad - \$6**

Tossed salad greens with shredded carrots, dried cranberries, croutons and your favorite dressing

### **Great Add-Ons for Salads**

Grilled chicken pieces - \$3.75 Oysters or Shrimp - \$5

Grilled Fish - \$6 Grilled or Seared Tuna - \$8

### Entrees

#### **The Dewey Burger w/House Salad - \$8.45**

½ pound burger with mushrooms and onions - no bun, no cheese and served with house salad

#### **The GC Admin Choice - \$7.45**

Grilled Chicken Breast with mushrooms and onions - no bun, no cheese and served with house salad

#### **Ahi Tuna Plate - \$10.45**

Filet of our Ahi Tuna served blackened, grilled or sesame crusted with House Salad

#### **Smothered Fish Plate - \$11.45**

Filet of Golden Tilefish served blackened or grilled, topped with gumbo and served with House Salad

On the Lighter Side Salad Dressing Choices: SCG Crystal Vinaigrette, SCG Balsamic Vinaigrette, SCG Oriental and Oil and Vinegar. We also have SCG Blue Cheese and SCG Hidden Valley Ranch but they are not on the lite plan.

Please note: Fries, potato salad and pasta salad do not come on any lighter side items. The premise for this eating adventure is "nothing white and no animal fat". The burgers are as lean as we can get them without compromising flavor.