



RESTAURANT & TAVERN

Welcome Runners!

Pre-Race Menu

for Maple Leaf Half Marathon participants

Friday, September 10, 2009, \$15.95 per person

SALAD LIKE MOM'S

our house salad with sesame balsamic vinaigrette or blue cheese dressing

Please choose one of the following entrees:

PENNE PASTA RUSTICA

Penne Pasta tossed with grilled and roasted vegetables, grilled chicken breast, marinara and roasted garlic oil

GRILLED SLICED STEAK SALAD

grilled marinated hanger steak served over romaine and baby spinach with dried cranberries, spiced pecans, grilled red onion, blue cheese and vinaigrette

THE HOWLING WOLF

steamed veggies, brown rice pilaf and sweet potato hash topped with yellow curry satay sauce and sun-dried cherry chutney
(this dish is dairy, wheat, and animal free)

Please choose one of the following desserts:

BELGIAN CHOCOLATE

and CREAM CHEESE BROWNIE SUNDAE

Served with Wilcox coffee & vanilla ice cream, hot fudge, caramel and whipped cream

VERMONT APPLE CRISP

Served warm with Wilcox vanilla ice cream

DISH OF SORBET