



Light & Healthy Lunch Menu



Grilled Blackened Chicken Spinach and Arugula Salad

red peppers, strawberry,
fennel, pinenuts and lemon vinaigrette

16



Grilled Salmon

oven roasted brussel sprouts,
butternut squash, sweet potatoes
with rosemary butternut squash sauce and herb oil

18



Szechuan Quinoa with Grilled Shrimp or Chicken

quinoa, broccoli, zucchini, yellow squash, red peppers,
avocado, cilantro with szechuan sauce

16





Océano
bistro



Light & Healthy Dinner Menu



Grilled Blackened Chicken
Spinach and Arugula Salad
red peppers, strawberry,
fennel, pinenuts and lemon vinaigrette
18



Grilled Salmon
oven roasted brussel sprouts,
butternut squash, sweet potatoes
with rosemary butternut squash sauce and herb oil
30



Szechuan Quinoa
with Grilled Shrimp or Chicken
quinoa, broccoli, zucchini, yellow squash, red peppers,
avocado, cilantro with szechuan sauce
25

