

Oakmont Senior Living

Fresh Salads

please ask your server about our soup of the day & our heart healthy options

Chinese Chicken (low fat) Shredded Cabbage/Grilled Chicken/Avocado/Peanuts/Orange Sliced Cucumber/Sesame Dressing/Mandolin Carrots

Fresh Fruit Salad & Strawberries (low fat)

Cantaloupe/Honeydew/Red Grapes/Cottage Cheese/Homemade Banana Nut Bread

Chicken "Cobb" Smoked Bacon/Sliced Fuji Apples/Pt. Reyes Blue Cheese Hard Cooked Egg/Avocado/Pickled Red Onion/Aged Balsamic Vinaigrette

Fried Shrimp "Louis" Avocado/Chopped Romaine/Heirloom Tomatoes 1000 Island/Bacon/Hard Cooked Egg/English Cucumber

Hand Crafted Sandwiches

served with herb fries, sweet potato fries, healthy side salad, chips or Paul's potato salad

Herb Roasted Turkey Freshly Baked Buttery Croissant/Cranberry Sauce Orange Zest/Sliced French Brie/Rosemary Sea Salt

Grilled Ham & Gruyere Dark Wheat Bread/Dijon Mustard/Truffle Aioli/Caramelized Onions

Oakmont Signature Burger Avocado/Blue Cheese/Sliced Red Onion Baby Garden Greens/Heirloom Tomatoes/Pickles "Two Ways"/Griddled Bun

Classic Reuben Russian Dressing/Sauerkraut/Melted Swiss Cheese/Toasted Jewish Rye

Entrees

Traditional Eggs Benedict Two Poached Eggs/Toasted English Muffin Thickly Sliced Canadian Bacon/Sauce Hollandaise/Fresh Strawberries/Shaved Chives

Grilled Petaluma Farms Chicken "Piccata" Mascarpone Cheese Tortellini/Fresh Basil Roasted Garlic/Sautéed Baby Spinach/Shallots/Lemon/Parsley/Caper Berries

"Catch of the Day" (low fat) Heart Healthy Brown Rice Pilaf/Grilled Zucchini Autumn Squash/Fine Herbs/Cucumber/Marcona Almond Vinaigrette

Sliced Honey Baked Ham Garnett Yam Purée/Fall Spice/Shaved Brussels Sprouts Crispy Bacon/Dijon Mustard Cream Sauce/Grilled Pineapple