



Welcome to Gb3 Monday!

FIT and LEAN APPETIZERS

Hot Roasted Edamame (130 calories) \$4.99

Dungeness Crab Cocktail (502 calories) M.P.

Lemon, garlic, olive oil, dijon mustard sauce.

Thai Shrimp Lettuce Wraps (239 calories) \$7.99

Shrimp, rice noodles, cilantro, peanuts,
Thai chili sauce, peanut sauce.

Seared #1 Ahi Tuna (220 calories) \$11.99

Yuzu, wasabi, white BBQ sauce.



Gb3 ENTREES

GB3 Power Salad (587 calories)

Lunch: \$12.99 Dinner: \$15.99

Choice of grilled salmon or Santa Maria tri-tip, strawberries, oranges, jicama, asparagus, aged ricotta cheese, almonds, orange poppy dressing with your choice of spinach or green salad.

Moroccan Spiced Salmon (428 calories)

Lunch: \$13.99 Dinner: \$17.99

Bulgar wheat pilaf, cucumber salad, feta cheese, lime honey glaze.

Grilled "Day Boat" Cali fornia Sea Bass (418 calories)

Lunch: \$17.99 Dinner \$22.99

Sweet corn, summer squash, asparagus, farro, tomato vinaigrette.

SKINNY COCKTAILS \$6.00

Skinny Margarita (133 calories)

Served up with Patron Tequila, zero calorie lemonade,
fresh lime juice and diet 7up.

Seagram's Tea (105 calories)

Seagram's sweet tea vodka and
zero calorie lemonade.

Sky Mojito (122 calories)

Sky vodka, fresh lime juice, mint leaves,
and diet 7up.

Absolut Cosmo (198 calories)

Absolut citron, cointreau, fresh lime juice,
cranberry juice.