Towson

**TGI Fridays:** 825 Dulaney Valley Road, Towson, MD 21204-2856, (410) 828-4556

1. **Bruschetta Chicken:** fresh roma tomato-basil salsa tossed w/ angel hair pasta and grilled chicken______________________________ 10.49
2. **Bruschetta Tilapia:** roasted mild whitefish topped w/ roma tomato-basil salsa and drizzled w/ a balsamic glazed. Served w/ steamed herbed rice and broccoli.
3. **Chicken Verde Enchilada:** grilled chicken breast topped w/ salsa verde, pico de gallo and melted jack cheese, served w/ a low-carb sour cream and vegetable enchilada.______________________________ 9.99
4. **Shrimp Key West:** skewers of seasoned chargrilled shrimp topped w/ a sparkling citrus splash and served w/ vegetables_____________________________________________________ 10.89

**Casa Mia’s:** 502 Washington Ave, Towson, MD. (410)494-9144

1. **Grilled salmon or tuna (w/ choice of 2 sides: French fries, coleslaw, greek pasta, potato salad, marinated vegetables, broccoli, orzo salad)**______________________________ 8.99
2. **Turkey Health Wrap:** thinly sliced turkey breast, alfalfa sprouts, field greens, cucumbers, sliced tomatoes, and provolone cheese w/ vinaigrette. ___________________________________ 6.49
3. **Carlton Grilled Chicken Panini:** grilled chicken, field greens, provolone cheese, roasted red peppers, and honey mustard______________________________ 6.49

**Bill Bateman’s Bistro:**

1. **Buffalo Grilled Chicken Wrap:** w/ celery, buffalo sauce and bleu cheese_____________________ 5.49
2. **Turkey Wrap:** w/ low fat jalapeno ranch, lettuce, tomato on a Kaiser roll ________________ 5.49
3. **N.Y style Chicken Breast Sandwich:** w/ ny sauce and grilled onions, lettuce, tomato on a Kaiser roll______________________________________ 4.99
4. **Veggie Wrap:** green and red sweet peppers, raw onions, cucumbers and low fat jalapeno ranch dressing, lettuce, tomato on a flour tortilla____________________ 4.99

**Olive and Sesame:** 2 W. Pennsylvania Ave, Towson, MD 21204. (410)494-4944

**Chinese Lunch Specials:**

1. **Shrimp w/ Mixed veggies**__________________________________________ 9.50
2. **Beef w/ Broccoli**______________________________________________ 8.50
3. **Moo Goo Gai Pan**______________________________________________ 7.50

**Lunch/Dinner:**

1. **Soup:** miso, chicken veggie and rice, vegetable hot and sour
2. **Grilled Chicken Flatbread:** Grilled chicken baked with pesto, spinach, sundried tomatoes, topped w/ mozzarella__________________________________________ 13.95
3. **Rainbow Chicken:** chicken w/ tri-colored peppers and beansprouts________________________ 13.95
4. **Volcano Chicken:** chicken sautéed in veggies on a flaming platter________________________ 14.95