

SOUPS, SALADS & ENTREES

WINDROSE FARM GREEN SALAD 9

BLUE CHEESE, PECAN, PEAR

DUNGENESS CRAB CAKE 9

PETITE ARUGULA SALAD

WILD MUSHROOM BOLOGNESE 10

PARPADELLE, ARRABIATA

PRIME SIRLOIN SALAD 10

SPRING GREENS, SHALLOT-THYME DRESSING

BUTTERNUT SQUASH RAVIOLI 10

SAGE, PECANS, RICOTTA

GRILLED PRAWN SOFT TACO 7

MANGO, GUACAMOLE

SMOOTHIES 10 & JUICES 6

BANANA, APPLE, RASPBERRY

PEACH, ORANGE, BANANA

MANGO, LEMON, BANANA, ORANGE

STRAWBERRY, GINGER, BANANA, APPLE

APPLE BLAST

APPLE, LEMON, GINGER

VEGETABLE IMMUNE AID

CARROT, CELERY, LEMON, GINGER

FOUNTAIN OF YOUTH

CARROT, BEET, PARSLEY

KELBINATOR

APPLE, CARROT, ORANGE

BODY CLEANSER

CARROT, APPLE, BEET

LIDO RESTAURANT IS COMMITTED TO SUPPORTING
LOCAL RANCHERS AND FARMERS
BY USING PRODUCTS SOURCED FROM
THE CENTRAL COAST OF CALIFORNIA

FALL 2010