

THE JUNCTION EATING PLACE

816 West Lincoln Highway,
DeKalb 815.758.5441



Wellness Club

Members receive 10% off Wellness Club entrees.
Non-members may purchase these entrees at
full price. Menu items are listed at full price.

Chicken Stir Fry\$8.25

Served with stir-fried fresh vegetables, garlic seasoning, onions and special teriyaki sauce over 3/4 cup of white rice (no potato), choose side salad and 2 tbsp of fat free dressing.

Calories: 615

Fat: 11 g

Sat. Fat: 1.5 g

Egg Beater Omelette\$6.45

This vegetarian dish is prepared with green peppers, onions and fresh mushrooms. Served with toast and jelly. Choose fresh fruit cup for a side.

Calories: 482

Fat: 7 g

Sat. Fat: 0 g

Turkey Salad Plate\$6.45

Served with sliced tomatoes, low fat cottage cheese, hard boiled egg, fresh fruit, and a dry roll.

Calories: 538

Fat: 13 g

Sat. Fat: 5 g

Chicken Kabobs.....\$8.25

Chicken breast marinated in olive oil, lemon and herbs.
No rice or potato. Request double vegetables and a side salad with fat free dressing and a dry roll.

Calories: 591

Fat: 13 g

Sat. Fat: 2 g

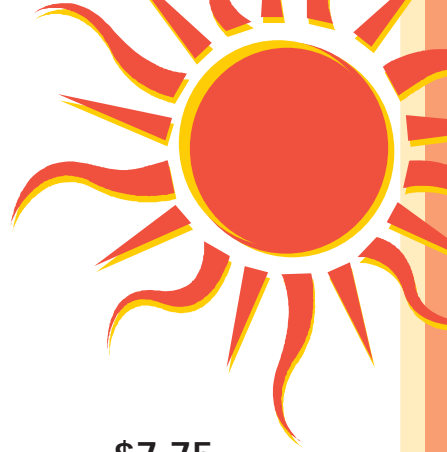
Chicken Delight.....\$8.15

Broiled skinless chicken breast. Served with low fat cottage cheese, fresh fruit and dry multigrain toast.

Calories: 586

Fat: 14 g

Sat. Fat: 3 g



Chicken Romaine.....\$7.75

Crisp romaine lettuce, tomatoes, cucumbers and red pepper tossed up with fat free herb dressing and topped with sliced chicken breast.

Calories: 402 Fat: 6 g Sat. Fat: 2 g

Broiled Salmon Fillet\$9.25

Served with lemon butter and tartar sauce.
Request side salad and fat free dressing.

Calories: 556 Fat: 25 g Sat. Fat: 5.5 g

Vegetable Stir Fry\$7.25

Fresh broccoli, cauliflower, mushrooms, celery and carrots. garlic seasoning, onions and special teriyaki sauce over 1 cup of white rice (no potato), choose side salad, 2 tbsp of fat free dressing, and a dry roll.

Calories: 491 Fat: 7 g Sat. Fat: 0 g

Broiled Ocean Perch.....\$8.25

Cooked with lemon butter. Request a side salad with 2 tbsp of fat free dressing and a dry roll. Request double order of vegetable in place of a potato.

Calories: 477 Fat: 10 g Sat. Fat: 4 g

Broiled Cod Fish.....\$9.25

Served with lemon butter and tartar sauce. Request double order of vegetable in place of a potato. Request a side salad with 2 tbsp of fat free dressing and a dry roll.

Calories: 500 Fat: 13.5 g Sat. Fat: 5.5 g

10% discount applies only to entrées on this list and may not be combined with any other discount or special pricing. Prices subject to change. This discount cannot be applied to regular menu entrées, beverages or gratuity. Nutritional values listed are estimated based upon recipe amounts. Actual values may vary according to preparation.