



*Iowa City, Iowa*

## **HEALTHY OPTIONS MENU**

**We at The Airliner strive to provide our customers exactly what they demand. With today's busy lifestyle we realize you need a Fast, Fresh, Healthy, and Affordable option that you can order. We control the portions to ensure each entrée can easily fit into your sensible diet.**

### **Chicken Florentine Sauté**

**Two five-ounce chicken breast cutlets lightly seasoned and grilled. Accompanied by a light sauté of fresh spinach, Roma tomatoes, fresh mushrooms, and lemon. Everything is sprinkled with fresh Feta cheese. Sided with rice pilaf.**

**\$7.99**

### **Seared Ahi Tuna**

**Seared Ahi tuna cooked to order. Covered with our zesty orange and cilantro salsa, and our pineapple soy sauce. Sided with rice pilaf.**

**\$8.99**

### **FireCracker Shrimp Stir-Fry**

**Seven large shrimp sautéed with red onions, mushrooms, roasted red peppers, spinach, scallions, and noodles tossed in our spicy citrus sauce.**

**\$7.99**

### **Crab Stuffed Portobello Cap**

**One large Portobello mushroom cap stuffed with our homemade crab cake with a light Parmesan crust. Sided with rice pilaf.**

**\$7.99**

### **Grilled Chicken Parmesan**

**A classic recipe with a grilled chicken breast covered in marinara, Asiago, and Parmesan cheeses served over noodles.**

**\$7.99**