



**60 of our guests are competing
for \$1000 to lose the most weight!**
See details at buckleysgrill.com



BUCKLEY'S HEART HEALTHY

Includes Crisp Garden Salad...with balsamic vinaigrette dressing

Healthy Tips

Don't Skip breakfast to cut calories! You are more likely to eat in excess later during the day if you skip breakfast.

Eat your fiber. The average person needs 25-35 grams of fiber each day. Example: Fresh fruits, fresh or steamed veggies, and whole grains like brown rice.

Choose lean, high-quality proteins like egg whites, chicken, lean red meat.

Eat often: eating many well planned low calorie meals a day helps you keep from snacking and make you feel less hungry.

BUCKLEY'S FILET

Our famous tenderloin filet (6 oz) with steamed green beans or key west veggies 17.95

FLAME GRILLED CHICKEN

Italian marinated chicken breasts chargrilled to juicy perfection! Served with steamed side 12.95

SHRIMP SKEWER DINNER

Get your (8) shrimp honey citrus with side of steamed green beans or key west veggies 14.95

HONEY CITRUS SALMON

Chargrilled and glazed with our sweet citrus sauce served with side of steamed green beans or key west veggies 16.95

BUCKLEY'S SALADS

BUCKLEY'S BLUES STEAK SALAD

Grilled and sliced Buckley's beef tenderloin on fresh greens, carrots, cucumbers, tomatoes, warm crumbled blue cheese with balsamic vinaigrette 14.95

SIGNATURE SALMON SALAD

Grilled Atlantic salmon, on fresh greens, carrots, cucumbers, tomatoes, chopped walnuts with balsamic vinaigrette 13.95