

# LUNCH MENU

## F r e s h   G r e e n   S a l a d s   a n d   S o u p s

### SOUP DU JOUR

Your choice from two soups prepared daily. 5

### SOUP & SALAD

Your choice of Soup du Jour accompanied by either House, Caesar, or Baby Spinach salad. 9

### HOUSE SALAD

Field greens, tomatoes, cucumbers and croutons; tossed in herb vinaigrette. 6

### BABY SPINACH SALAD

Baby spinach, tomatoes, cucumbers, roasted cashews and croutons; tossed in Balsamic vinaigrette. 6

### CAESAR SALAD

Romaine lettuce and croutons; tossed in ceasar dressing and topped with parmigiano reggiano. 6

### GRILLED CHICKEN AND FIELD GREENS SALAD

With tomatoes and cucumbers; tossed in herb vinaigrette. 11

### CAJUN CHICKEN CAESAR

Cajun spiced chicken breast, romaine lettuce and croutons in ceasar dressing; topped and parmigiano reggiano. 11

### SHRIMP CAESAR

Four grilled shrimp over romaine lettuce in ceasar dressing topped with croutons and parmigiano reggiano. 14

### CRABCAKE SALAD

Jumbo lump crabcakes, field greens, tomatoes and cucumbers; tossed in citrus caper vinaigrette. 14

## W r a p s

### PESTO CHICKEN WRAP

Grilled chicken breast, lettuce, tomato, mozzarella cheese and pesto in a honey wheat wrap; served with french fries. 9

### STEAK WRAP

Thinly sliced sirloin, American cheese, peppers and caramelized onion in a honey wheat wrap; served with french fries. 10

### VEGETABLE WRAP

Grilled zucchini, portabella mushrooms, roasted peppers, lettuce, tomatoes and hummus; served with french fries. 8

## B u r g e r s   a n d   S a n d w i c h e s

Served with French fries; lettuce and tomato optional.

### CLASSIC BURGER

Ground Angus beef topped with caramelized onions. 9

### CHEESE BURGER

Ground Angus beef with your choice of: American, Cheddar, Crumbled Bleu or Swiss cheese. 10

### BACON CHEDDAR BURGER

8 oz. ground angus beef, cheddar cheese, bacon and caramelized onions on a ciabatta roll. 11

### BBQ CHICKEN SANDWICH

Grilled chicken breast topped with BBQ sauce, caramelized onions and cheddar cheese served on Vienna roll. 9

### PESTO CHICKEN SANDWICH

Grilled chicken breast, fresh mozzarella and pesto on a ciabatta roll. 9

### VEGETABLE SANDWICH

Grilled zucchini, portabella mushroom, fresh mozzarella, roasted peppers and pesto on a vienna roll. 8

## E n t r e e s

Include either House salad, Caesar or Soup du Jour

### CAJUN CHICKEN QUESADILLAS

Cajun chicken breast, pepper jack cheese, roasted red pepper and baby spinach in a flour tortilla with tomatillo cilantro salsa and sour cream on the side. 11

### GRILLED ATLANTIC SALMON

With grilled potatoes and vegetable medley drizzled extra Virgin olive oil. 16

### VEGETABLE PENNE

Grilled zucchini, asparagus, broccoli, fresh mozzarella and penne pasta; tossed in tomato basil sauce, topped with parmigiano reggiano. 12