

SANDWICHES

Served with **fresh fruit side**, sub **Fries** 2.00 or **Sweet Potato Fries** 2.50

Choice of: Hearty White or Wheatberry Bread, Whole Grain Roll, Ciabatta Roll or French Bread

Try a sandwich in a **Popover** add 2.95

On **Gluten Free Roll** add 1.00

GUACAMOLE SANDWICH

guacamole, mesquite chicken slices, bacon, lettuce, mayo 9.50

HUMMUS & TURKEY SANDWICH

turkey, hummus, tomato, sprouts, spinach, sweet and spicy chili mayo 9.50

MOZZ-A-GUAC SANDWICH

sundried tomato pesto, fresh mozzarella, guacamole, spinach, sprouts, mayo 9.50

CURRIED CHICKEN SANDWICH

chicken breast, bananas, cranberry sauce, peanut-coconut-raisin mix, curry glaze, mayo 9.50

TURKEY BLT

turkey, bacon, lettuce, tomato, mayo 9.50

COMBINATION SANDWICHES

half of an above sandwich with one of the following:
bowl of Daily Soup, cup of Baked Onion Soup, cup of Seafood Bisque, Mixed Greens 9.50
or sub small Caesar Salad add 2.50

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a bowl of Daily Soup served with Popover and Mixed Greens with almonds 12.50

substitute a bowl of Seafood Bisque
or bowl of Baked Onion Soup add 1.00
substitute a small Caesar Salad add 2.50

Choice of our house made Salad Dressings:

Poppy Seed, Caesar, Balsamic Vinaigrette,
Creamy Onion, Blue Cheese,
French Vinaigrette, Low Fat Ranch

CAESARS

served with **French Bread or Whole Grain Roll**, sub a **Popover** add 2.95 or **Gluten Free Roll** add 1.00

CAESAR SALAD 12.50

romaine lettuce, romano cheese, artichoke hearts, hardboiled egg & croutons tossed in our house made Caesar Dressing

Top with:

GRILLED CHICKEN 4.50

GRILLED SALMON 6.00

STUFFED PORTABELLA WITH BACON 4.50

grilled portabella, melted gorgonzola, bacon crumbles & roasted red peppers

SALADS

Served with **French Bread** or **Grain Roll**
Substitute a **Popover** add 2.95
or **Gluten Free Roll** add 1.00

BACON GUACAMOLE CHICKEN SALAD

romaine, chicken slices, tomato, hardboiled egg, guacamole, cheddar, bacon and croutons, with a side of Creamy Onion Dressing 14.95

BEET SALAD

beets, romaine and mixed greens, carrots, chopped egg, blue cheese, candied bacon and house made peanut brittle tossed with French Vinaigrette 14.50

BEEF "COBB" SALAD

a half pound of skewered beef shoulder tender medallions finished with garlic butter, on spinach with grilled yellow squash, chopped bacon, cheddar cheese, hardboiled egg & cucumbers, topped with guacamole and a warm Blue Cheese Beef Reduction Dressing 17.95

CURRIED CHICKEN SALAD

chicken slices, curry sauce, red onions, banana slices, coconut-peanut-raisin mix and cranberry sauce on romaine, with a side of Poppy Seed Dressing 14.95

GOAT CHEESE PRALINE WALNUT SALAD

mixed greens, goat cheese, sundried cherries, praline walnuts, tossed in Balsamic Vinaigrette 12.95 add a grilled chicken breast 4.50

LOBSTER SALAD

knuckle & claw lobster meat (3 oz.) mixed with Creamy Onion Dressing, roasted red peppers, celery, scallions and hardboiled egg, on shredded romaine tossed in Remoulade, topped with guacamole 17.95

MEDITERRANEAN SALAD

mesquite chicken slices, fresh mozzarella, Sriracha sunflower seeds, Greek olives, roasted red peppers, artichoke hearts & cucumbers, on spinach, topped with Bruschetta Tomatoes, with a side of Balsamic Vinaigrette 15.95

POWER SALAD

mixed greens with kale & spinach, Sriracha sunflower seeds, Greek olives, tomato & feta cheese tossed with Caesar Balsamic Dressing, topped with two crisp Falafel cakes 13.95



Most of our salads & sandwiches can be easily prepared gluten free, please inform your server.