



# LUNCH

## APPETIZERS

**Fried dill pickles** with roasted garlic aioli - 6.50

**Goat cheese** with spicy marinara and grilled or fried pita bread - 8

**Red and blue tortilla chips** with chihuahua cheese chipotle and chorizo bean dip - 6.50

**Risotto balls** with pancetta & smoked mozzarella over house marinara - 8

**Housemade tater tots** stuffed with bacon, scallions and cheddar cheese, served with sour cream - 7.50

**Tomato artichoke soup** cup - 3.50 / bowl - 4.50

**Soup du jour** cup - 3.50 / bowl - 4.50

## SALAD

*Add to any salad:* grilled/blackened chicken - 4.50, \*salmon - 6, shrimp - 5, crab cake - 7, \*scallops - 9, \*steak - 10

**Romaine** with caesar dressing, shaved parmesan, roasted red peppers and crostinis - 9 Full / - 4.50 Half

**Parmesan-crusteD calamari** tossed with chorizo, banana peppers and roasted red peppers over chopped romaine and creamy parmesan dressing - 11

**Iceberg wedge** with roasted garlic, white french dressing, cherry tomatoes, hard-boiled egg, crispy prosciutto and crumbled bleu cheese - 9.50 Full / - 4.75 Half

**Baby spinach** tossed with honey balsamic greek yogurt vinaigrette topped with fresh berries and goat cheese\*\* - 8.50 Full / - 4.25 Half

**Chicken salad** of the day over mixed greens and grilled pita - 9.50

**Grilled or blackened chicken** over mixed greens tossed in cilantro lime vinaigrette topped with corn salsa, cheddar cheese and crispy tortilla strips\*\* - 13

**Panzanella salad** with artichokes, grape tomatoes, red onion, garlic and croutons over mixed greens tossed in italian vinaigrette - 8.50 Full / - 4.25 Half

## PIZZA

All pizzas available on a smaller flatbread for 2 less

**Artichoke hearts**, wild mushroom, caramelized onions, roasted red peppers, house marinara, mozzarella and boursin cheese - 14

**Sliced tomatoes**, fresh basil, parmesan, mozzarella and extra virgin olive oil - 11

**Chorizo**, italian sausage and crispy prosciutto with spicy marinara or 3 cheese alfredo sauce - 14

**Mozzarella**, goat, feta, cheddar, parmesan cheese with garlic oil or house marinara - 12

*\*These items are served raw or under cooked or may contain raw or undercooked ingredients. Consuming raw or under cooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of food born illness\**

*\*\* Gluten Free\*\**



## SANDWICHES

*Sandwiches served with choice of fries, fresh vegetable, fresh fruit or cole slaw. Substitute cup of soup - 2.00*

CHICKEN

**Chicken salad** of the day on a croissant - 9.50

**Grilled \*salmon**, bacon, lettuce and tomato on a croissant with pesto aioli - 10.50

**Buffalo fried chicken** with lettuce, tomato and creamy bleu cheese dressing in a honey wheat wrap - 10

**Grilled turkey** on a croissant with apple slaw, swiss cheese and a dijon horseradish sauce - 9

**Shaved \*strip steak quesadilla** with mozzarella cheese, lettuce, tomato, sour cream, bacon jam and steak sauce in a whole wheat tortilla - 12

**Pan-seared crab cake** with red onion, tomato, pesto mayo and mixed greens on a ciabatta bun - 12.50

**Grilled chicken**, spinach, feta, red onion, kalamata olives and lemon dijon vinaigrette in a wheat wrap - 9

**Half pound char-grilled \*hamburger** with heirloom tomato, fresh mozzarella, spinach and balsamic glaze on a ciabatta bun - 10

**Buttermilk fried chicken** with white cheddar cheese, cole slaw and sriracha aioli on a ciabatta bun - 10

**Cajun grilled chicken** with provolone cheese, caramelized onions, avocado and mixed greens on a multi-grain bun - 9.50

**Gourmet grilled cheese** with swiss, provolone, white cheddar, tomato and basil on challah bread - 8 add bacon - 1

**\*Steak sliders** with bleu cheese, roasted red peppers and caramelized onions - 14

**Bacon, lettuce, tomato, avocado** and garlic aioli on wheat bread 8 add fried egg - 1

**Spinach**, mushrooms, roasted tomatoes, broccolini and boursin cheese in a wheat wrap -9

## ENTREES & PASTA

*Substitute whole wheat or gluten free penne for any pasta - 2*

**Vegetable stir fry** - 13 add chicken, or shrimp - 16/ \*steak - 20

**Pan-seared shrimp & \*scallops** with apple, bacon and scallion risotto, white wine butter and fresh vegetable\*\* - 18

**Rotini** tossed with spinach, kalamata olives, pine nuts, roasted tomatoes, feta and extra virgin olive oil - 9.50 / with chicken - 12.50

**Pan-seared chicken breast** glazed in a honey cajun sauce over creamy parmesan risotto topped with sautéed peppers and onions\*\* - 14

**Pan seared \*salmon** over a roasted garlic and spinach orzo with fried artichokes and a lemon dijon vinaigrette - 14

**Fettuccine** with sautéed shrimp, roasted tomatoes and caramelized onions in a 3 cheese alfredo sauce - 15

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