



- Vegetarian
- Vegan

LUNCH FEATURES

NORTH ATLANTIC SALMON House grilled or cajun spiced served with 1 house or premium side \$14.9

CHICKEN ENCHILADAS 2 homemade chicken enchiladas with monterey and cheddar cheeses, black beans and corn smothered in a traditional enchilada sauce, pico, cotija cheese and a crema drizzle. Served with black beans and rice \$11.5

FONTINA CHICKEN Grilled chicken breasts topped with melted Fontina cheese and our Marsala wine sauce with prosciutto. Served with 1 house side \$11.5

BAKED PARMESAN CRUSTED CHICKEN Baked parmesan crusted chicken breasts topped with a garlic alfredo sauce. Served with 1 house side \$11.5

ALL AMERICAN MEAT LOAF Seasoned ground beef, pork and veal baked and topped with a roasted beef demi glace. Served with 1 house side \$10.9

INSPIRED SALADS

Dressings: Chipotle Ranch, Caesar, White Balsamic Vinaigrette, Maple/Mustard Vinaigrette, Blue Cheese, Garlic Peppercorn Ranch, Creamy Asian, Lemon Poppyseed

LUNCH TOSSED CAESAR SALAD Romaine hearts tossed in our zesty Caesar dressing topped with shredded parmesan cheese and croutons \$6

LUNCH MARKET SALAD Romaine and iceberg lettuce, shredded carrots, red cabbage, cucumber, tomatoes, red onion and croutons \$6

MANGO QUINOA SALAD Mixed greens and mango quinoa salad tossed in a white balsamic vinaigrette topped with red peppers \$10

GOAT CHEESE SALAD Mixed greens tossed in a maple vinaigrette, cashews, apples, tomatoes, edamame and goat cheese \$10

SMOKEHOUSE SALAD Spring mix tossed in our homemade lemon poppyseed dressing, asparagus, edamame, candied walnuts, red onion and red peppers \$9

SOUTHWEST FRIED CHICKEN SALAD Select greens, fire-roasted corn, black beans, pepper jack and cheddar cheeses and tortilla strips tossed with chipotle ranch dressing, topped with Pico De Gallo and Southern fried chicken tenders \$14.7

AHI ASIAN SALAD Sesame seed crusted Ahi tuna seared rare with mixed greens tossed in a creamy Asian dressing with wontons, sliced radishes, sliced red peppers and jicama \$15.7

SOUP & CAESAR OR MARKET SALAD
with Feature Soup \$11.9 with Lobster Bisque \$14.9

½ GRILLED OR FRIED CHICKEN CLUB & SOUP OR SALAD
with Caesar or Market Salad \$11.9
with Feature Soup \$11.9 with Lobster Bisque \$14.9

| | | | | |
|--------------------------|----------------------------|----------------------|------------------------------|------------------------------------|
| ADD TO YOUR SALAD | Grilled Chicken \$5 | Shrimp Skewer \$6 | Sesame Seared Ahi Tuna \$8.4 | Chilled Jumbo Lump Crab Meat \$8.9 |
| | Southern Fried Tenders \$5 | Smoked Salmon \$6.9 | "Crab-less" Cake \$5 | Shredded Seasoned Jackfruit \$5 |
| | Scallop Skewer \$8.4 | Grilled Salmon \$8.4 | | |

PASTAS & BOWLS

TIKKA MASALA The classic Indian dish with sautéed chicken in a creamy spiced tomato sauce over a bed of Jasmine rice with a side of naan \$14.5

PAD THAI BOWL Choose shrimp or chicken in a traditional "Street Vendor" stir fry; sweet and spicy with a citrus finish, carrots, bean sprouts, red peppers, basil and cilantro topped with peanuts tossed with rice noodles with chicken \$15.5 with shrimp \$15.9

COCONUT CURRY BOWL Tender chicken, carrots, broccoli, onions, green beans and zucchini tossed in a Thai red curry sauce served over jasmine rice \$14.5

TUSCAN PASTA Sautéed chicken, fresh spinach, sun dried tomatoes and penne in a herbed parmesan cream sauce \$12.3

CHICKEN QUINOA ENCHILADA BOWL Quinoa bowl with seasoned chicken, black beans, guacamole, corn pico and cotija cheese garnished with lime crema, fresh cilantro and a lime wedge \$14.5

JACKFRUIT ENCHILADA BOWL Quinoa topped with fajita seasoned Jackfruit, corn pico, guacamole, cotija cheese and crema (make it vegan, request no cheese or crema) \$14.9

ROASTED CHICK PEA & CAULIFLOWER CURRY Roasted cauliflower, chick peas and spinach tossed in an Indian Curry sauce over Jasmine rice with Naan bread (make it vegan, request no Naan) \$14.9

HAND HELDS

Served with choice of French Fries, Cole Slaw, Tater Tots, Smashed Potatoes or Spanish Rice.

CRAB CAKE SANDWICH Baked panko dusted jumbo lump crab meat, lightly seasoned and buttered, with lettuce, tomato and red onion \$14.9

VEGGIE SANDWICH Peppers, onions, squash, zucchini, spinach and fresh garlic lightly sautéed in EVOO on toasted ciabatta with jack cheese (make it vegan, request no cheese and no butter) \$11.9

PRIME RIB STEAK SANDWICH Shaved slow roasted prime rib topped with sautéed peppers and onions and sharp cheese sauce on toasted ciabatta \$13.9

CLASSIC CHEESEBURGER 100% Angus burger, Vermont cheddar, lettuce, tomato, onion, pickles and our signature sauce on a Brioche bun \$12.3

FRIED FISH SANDWICH Panko crusted filet of haddock on a Brioche bun with lettuce, tomato and onion \$11.9

AHI TUNA BURGER Diced Ahi tuna seasoned and grilled rare topped with a mustard slaw \$13.5

FRIED CHICKEN CLUB Southern fried chicken breasts on toasted ciabatta with a mustard slaw, pepper jack cheese, pickles, bacon, lettuce and tomato \$12.5

GRILLED CHICKEN CLUB Grilled chicken breasts on toasted ciabatta with a mustard slaw, pepper jack cheese, pickles, bacon, lettuce and tomato \$11.9

TURKEY BURGER Grilled fresh ground turkey patty, pepper jack cheese, guacamole and pico de gallo on a Brioche bun \$11.9

THE "IMPOSSIBLE BURGER" Yes it's a 100% vegetarian plant based patty and quite possibly the best you ever had...served on a Brioche bun with Vermont cheddar, lettuce, tomato and onion (make it vegan, request no cheese, no sauce, and substitute ciabatta bun) \$13.5

ARTISAN GRILLED CHEESE Mozzarella and Harvarti cheeses with fresh sliced tomato, basil and a sun dried tomato aioli on sourdough bread \$11.9

MEATLESS "PORK BBQ" SANDWICH Shredded Jackfruit tossed with our homemade BBQ sauce, topped with a homemade slaw on a brioche bun (make it vegan, substitute ciabatta bun) \$11.5

* Consuming raw or undercooked meats, poultry & seafood may increase your risk of foodborne illness. Please alert your server of any food allergies. A Gluten-Free menu is available from your server.