

LUNCH MENU

SALADS

House Salad  HALF \$3.00 | FULL \$6.00

Remove bacon and cheese 

Fresh, crisp greens, sweet grape tomatoes, chopped egg, bacon, shredded cheese, red onion, and homemade croutons with choice of dressing

Add a protein listed below to a regular sized salad:

Signature Marinated Grilled Chicken  | \$9.00

House-made Albacore Tuna Salad  | \$8.00

Grilled Salmon Fillet  | \$10.00

Caesar Salad HALF \$3.00 | FULL \$6.00

Tender, crisp romaine topped with grated parmesan, croutons & house-made caesar dressing

Add a protein listed below to a regular sized salad:

Signature Marinated Grilled Chicken  | \$9.00

House-made Albacore Tuna Salad  | \$8.00

Grilled Salmon Fillet  | \$10.00

Chef's Salad FULL \$8.00

Fresh, crisp greens topped with julienne of roasted turkey and ham, cheddar cheese, eggs, bacon, sweet grape tomatoes, red onion, and homemade croutons with choice of dressing

Turkey Pecan Salad Plate FULL \$7.50

A scoop of our own turkey salad recipe that includes red seedless grapes and toasted pecans on a bed of lettuce, served with grilled banana nut bread and fresh fruit

Seasonal Fruit and Berry Salad  FULL \$8.00

Fresh spinach topped with seasonal berries, golden raisins, candied almonds and Feta cheese with house-made strawberry poppyseed dressing

Cottage Cheese Fruit Plate  FULL \$6.00

Cottage cheese served with grilled banana nut bread and fresh fruit

SOUPS

CUP \$2.00 | BOWL \$3.50

Cream of Tomato 

Soup of the Day

Chicken Noodle

DRESSINGS

Ranch

Fat-Free Ranch 

Balsamic Vinaigrette

Italian

Poppyseed

Bleu Cheese

Honey Mustard

Oil & Vinegar 

Thousand Island

Raspberry Vinaigrette 

Strawberry Poppyseed

SIDES

\$2.00

Cole Slaw 

Corn

Applesauce 

Peaches 

Fresh Fruit 

Fruited Jello 

Potato Chips

French Fries

Sweet Potato Fries

Mashed Potatoes and Gravy

Spinach

Cottage Cheese

Brown Rice 

Heart Healthy vegetables available upon request 

BEVERAGES

\$1.50

Hot Drinks

Coffee

Hot Tea

Hot Chocolate

Cold Drinks

Fresh-Brewed Iced Tea

Raspberry Tea

Lemonade

Coke

Diet Coke

Sprite

Milk

Orange Juice

Apple Juice

Grape Juice

Cranberry Juice

V-8



LUNCH SELECTIONS

SANDWICH ONLY | PLATTER

Items listed below are served ala carte or as a platter with one side.

Deli Sandwich HALF-\$5.00 | \$6.50
Choice of: FULL-\$6.50 | \$8.00
tuna salad, chicken salad, sliced ham, sliced
turkey or BLT on your choice of toast with
lettuce, tomato & pickle

Grilled Chicken Sandwich \$7.00 | \$8.50
Lightly marinated boneless chicken breast,
served with lettuce, tomato and onion on a
Kaiser bun

**Fried Buttermilk
Chicken Tenders** \$7.00 | \$8.50
Honey dijon buttermilk marinated and dredged
chicken strips, served with creamy honey
mustard sauce

Baked Fish Sandwich \$8.00 | \$9.50
Fresh cod, breaded and broiled with
shredded lettuce & tartar sauce on a Kaiser bun

Grilled Ham & Cheese \$6.50 | \$8.00
Available without ham. (V)
Create your grilled ham and cheese:
Cheeses
American, Cheddar, Swiss, Provolone
Breads
Wheat, White, Rye, Sourdough

Grilled Hotdog \$6.50 | \$8.00
3.5oz all beef jumbo hotdog, grilled and
served on a toasted bun

Hamburger \$8.00 | \$9.50
Garden Burger-available upon request (V)
Fresh grilled sirloin burger with
lettuce, tomato, onion and pickle on a Kaiser
bun with choice of cheese
Cheeses
American, Cheddar, Swiss, Provolone

SIGNATURE ITEMS

SANDWICH ONLY | PLATTER

Seasonal Special PRICE VARIES
Alternates weekly. Ask your server for todays
seasonal creations

Blackened Fish Sandwich \$8.50 | \$10.00
Fresh cod fillet, blackened and pan-seared
with shredded lettuce, sweet pickles and a
citrus aioli

Grilled Caprese Sandwich (V) \$8.00 | \$9.50
Fresh mozzarella, tomato, spinach, pesto aioli
and a balsamic reduction on grilled
sourdough bread

Bacon Onion Jam Burger \$8.50 | \$10.00
Fresh grilled sirloin burger, cajun seasoned
with cheddar cheese and bacon onion jam
on a Kaiser bun

Fried Chicken Sandwich \$8.00 | \$9.50
Southern fried chicken breast, topped with
shredded lettuce, sweet pickles and Carolina
BBQ sauce on a Kaiser bun

We strive to honor all special requests. Cooking methods can be altered to meet specified dietary needs. We cook with olive oil and fry in 100% veggie oil. Remember, eating raw/undercooked beef may increase your health risk.
Heart Healthy ❤️ = per American Heart Association Guidelines of 1,500 milligrams of sodium a day.
All heart healthy entrees are low fat and contain 400-600 milligrams of sodium.
Please, no tipping. Non-resident guests add a 20% surcharge and tax.