



LUNCH MENU

SOUPS

	CUP BOWL
Chef's Daily Soup <i>Ask your server for details</i>	\$2.00 \$3.50
Tomato Basil Soup ♡Ⓟ <i>Creamy with a basil finish</i>	\$2.00 \$3.50
Homemade Chili <i>Seasonal, topped with cheddar & onion</i>	\$2.00 \$3.50
Low Sodium Garden Vegetable ♡Ⓟ <i>Ask your server for details</i>	\$2.00 \$3.50

SALADS

Choice of dressing

HALF | FULL

House Salad ♡Ⓟ **\$3.00 | \$6.00**

Romaine, carrots, cucumber, feta, onion, tomato, dried cranberries

Wedge Salad ♡ **\$3.00 | \$6.00**

Iceberg, bacon, red onion, cherry tomatoes, bleu cheese

Caesar Salad ♡Ⓟ **\$3.00 | \$6.00**

Romaine, parmesan, croutons

(Add salmon, shrimp, chicken, or beef - \$4.00)

ENTRÉE SALADS

Choice of dressing. Protein: salmon, shrimp, chicken, or beef

Butternut Squash & Beet ♡Ⓟ **FULL | \$10.50**

Romaine, butternut squash, beets, goat cheese, red onion, candied walnuts, cherry tomatoes

Strawberry & Feta ♡Ⓟ **FULL | \$10.50**

Romaine, strawberries, red grapes, feta, crispy onions

Cobb ♡ **FULL | \$10.50**

Romaine, hard-boiled egg, bacon, avocado, bleu cheese, cherry tomatoes, red onion

DRESSINGS

Ranch - Light Ranch - Fat Free Italian
 French - Poppy Seed - Bleu Cheese
 Honey Mustard - Poppy Seed
 Oil & Vinegar - Thousand Island
 Caesar - Balsamic Vinaigrette
 Fat Free Raspberry Vinaigrette

BEVERAGES

Hot & Cold Options **\$1.50**

Ask your server

COMBOS

Cup of Soup & Salad **\$5.00**

House, Wedge, or Caesar salad with soup of choice

Cup of Soup & Half Sandwich **\$6.00**

BLT, ham, turkey, tuna salad, or grilled cheese on your choice of toasted sourdough, rye, white, or wheat with a cup of soup

SIDES

\$1.50 each unless as a substitute

Broccoli - Brussels Sprouts - Carrots - Corn -
 Green Beans - Peas - Vegetable or Potato of the
 Day - Water's Edge Seasoned Fries - Sweet
 Potato Waffle Fries - Breaded Zucchini -
 Breaded Green Beans - Onion Rings - Jell-O

SANDWICHES & MORE

Platter includes choice of a side

A LA CARTE | PLATTER

***Cheeseburger** \$7.00 | \$8.00

Lettuce, onion, tomato, pickle, with choice of cheese

***Dijon Burger** \$8.00 | \$9.00

Dijon mustard, crispy bacon, lettuce, tomato, onion, and a hard fried egg

***Mushroom Swiss Burger** \$8.00 | \$9.00

Sauteed mushrooms, swiss, lettuce, tomato, and onion

Quesadilla \$8.00 | FULL

Choice of beef, chicken, shrimp (no sides included)

Fresh Fruit Plate ♥ ① FULL | \$7.00

Cantaloupe, honeydew, pineapple, grapes, and fresh berries with strawberry yogurt

Pastrami Reuben \$7.00 | \$8.00

Melted swiss, thousand island, and sauerkraut on rye

Classic Club \$7.00 | \$8.00

Turkey, ham, and bacon tossed with lettuce, tomato, onion, and swiss

Avocado Toast ① \$6.00 | \$7.00

Topped with sliced avocado, diced tomatoes, diced red onion, and balsamic drizzle

BBQ Sandwich ① \$7.00 | \$8.00

Shredded jackfruit tossed with Kansas City BBQ sauce on a kaiser roll

Portabella Melt ① \$7.00 | \$8.00

Mushroom cap with melted swiss, lettuce, tomato, and red onion on toasted sourdough

ENTRÉES

Platter includes choice of a side

A LA CARTE | PLATTER

Fish and Chips \$7.00 | \$8.00

Batter dipped fried cod loin served with seasoned potato wedges

Chicken Caesar Wrap \$7.00 | \$8.00

Grilled chicken breast wrapped in a flour tortilla with romaine lettuce, tomatoes, parmesan, and Caesar dressing

Margherita Pizza ① FULL | \$8.00

Mozzarella cheese and balsamic drizzle, crispy basil pesto, sliced tomatoes (no sides included)

Tuna Melt \$7.00 | \$9.00

House made tuna salad on toasted sourdough with melted cheddar

Butternut Squash Ravioli ① FULL | \$8.00

Squash stuffed ravioli tossed in a lemon garlic butter, goat cheese, roasted butternut squash, and green onions (no sides included)

Black Bean Nachos ① FULL | \$8.00

Tortilla chips topped with black beans, corn, Mexican cheese, tomatoes, red onion, and avocado. Served with salsa and sour cream (no sides included)

Chicken Fingers \$7.00 | \$8.00

Hand battered tenderloins

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your chance of foodborne illness

February 2024 TK/JL