

LUNCH MENU

APPETIZERS

CRAB CAKES .13.
Pan fried and served with a three mustard cream sauce

BLACKENED TUNA .16.
Bites of blackened tuna, pan seared and served with seaweed salad, pickled ginger, wasabi, and soy sauce
Add .50 for wasabi pea or sesame encrusted

BRUSCHETTA .12.
Fresh mozzarella, tomatoes, onions and basil, marinated in balsamic and served with crostinis

SHRIMP SCARGOT .17.
Shrimp cooked in white wine, garlic and butter with toasted goat cheese on top, served with crostinis

SPINACH AND ARTICHOKE DIP .15.
Loaded with shaved parmesan cheese and served in a bread bowl

GARLIC BREAD .6.
Toasted French bread with melted garlic butter, served with marinara sauce *Add .2 for cheese*

SALADS

AS A WRAP .1. ADD CHICKEN .5. BLACKENED TOFU .5. MARINATED PORTOBELLO MUSHROOM .6. FLANK STEAK .9. SHRIMP .10. MAHI .10. TUNA .12.

	<u>HALF</u>	<u>FULL</u>
XO SALAD	.8.	.13.
Mixed greens, craisins and spiced almonds served with our house made sherry vinaigrette		

GARDEN SALAD	.9.	.14.
Mixed greens topped with red onions, tomatoes, cucumber and shredded carrots, served with our buttermilk parmesan dressing		

CAESAR SALAD	.8.	.12.
Classic Caesar with house made garlic croutons and shredded parmesan		

SPICY THAI SALAD	.10.	.15.
Grilled chicken, thai peanut noodles, crispy wontons and toasted sesame seeds, served over mixed greens, with our house made thai dressing and sweet chili sauce		

CHOPPED SALAD	.15.
Chopped mixed greens topped with diced chicken, tomatoes, onions, bell peppers and cheddar cheese, topped with sliced avocado and served with a creamy jalapeno dressing	

CAPRESE SALAD	.14.
Mixed greens, topped with sliced roma tomatoes, and fresh mozzarella, finished with chopped basil, balsamic reduction and extra virgin olive oil	

GRILLED FLATBREAD PIZZAS

CHEESE	.11.
Three cheeses and marinara sauce	

AMERICAN PIE	.12.
Sliced pepperoni, spicy Italian sausage, marinara and mozzarella	

PROSCIUTTO	.12.
Prosciutto, marinated tomatoes, onions, kalamata olives, pureed garlic, mozzarella and parmesan cheese	

BBQ PULLED PORK	.13.
Slow roasted pork shoulder, maple bourbon barbeque sauce, red onions, bacon, jalapenos and mozzarella	

SANDWICHES

AS A WRAP .1.

*ALL SANDWICHES ARE SERVED WITH YOUR CHOICE OF SIDE, POTATO SALAD, SPICY PASTA SALAD OR CHIPS
SUBSTITUTE A CAESAR OR XO SALAD FOR .3.
OR A CUP OF SOUP FOR .3.5.*

PRIME DIP	.16.
Slow roasted prime rib, sliced and topped with Swiss cheese. Served with au jus and horseradish cream	

BLACKENED MAHI	.15.
Blackened and pan fried, served with a Cajun tartar sauce, lettuce, tomato and onion	

GRILLED STEAK WRAP	.13.
Seasoned and sliced tender skirt steak, served with spinach, roasted red peppers, tomato, goat cheese, and our house made steak sauce	

CHICKEN BRIE APPLE	.12.
Sliced chicken, brie cheese and granny smith apples, with dijonaise on toasted pita bread, served with a side of raspberry preserves	

CUBAN	.13.
Slow roasted pulled pork, prosciutto, pickles and dijonaise topped with swiss cheese	

TUNA BURGER	.16.
Blackened and pan seared, served with lettuce, tomato and onion, with a side of ginger aioli <i>Add .50 for wasabi pea or sesame encrusted</i>	

CHICKEN BACON CHIPOTLE RANCH	.12.
Sliced chicken, bacon, mozzarella cheese, lettuce tomato and onion on a ciabatta bun, served with a side of chipotle ranch sauce	

LASAGNA GRILLED CHEESE	.11.
Pepperoni, spicy Italian sausage, marinara sauce, mozzarella cheese and ricotta cheese, served on a toasted baguette	