

~ Appetizers ~

BUFFALO WINGS \$6.75

Spicy Chicken Wings with Ranch Dressing &
Celery Sticks.

Cal 538 Fat 39 g Chol 111 mg Carbs 13 g

FRIED CALAMARI \$8.25

Served with Cocktail Sauce & Tartar Sauce.

Cal 870 Fat 55 g Chol 685 mg Carbs 87 g

A HOPPIN' COMBINATION \$9.25

Potato Skins, Mozzarella Sticks, Jalapeno Poppers,
Mini Taquitos & Mini Burritos. Served with Salsa
Fresca, Sour Cream, & Guacamole.

Cal 992 Fat 51 g Chol 82 mg Carbs 116 g

CHICKEN QUESADILLA \$8.95

Chicken Breast, with Onion & Peppers Sautéed In
Two Flour Tortillas with Melted Cheese. Served with
Salsa Fresca, Sour Cream & Guacamole.

Cal 885 Fat 35 g Chol 131 mg Carbs 71 g

EIGHT FRIED PRAWNS \$11.25

Served with Cocktail Sauce & Tartar Sauce.

Cal 613 Fat 36 g Chol 315 mg Carbs 76 g

GRILLED FLAT BREAD \$6.25

Flat Bread Filled with Marinara Sauce and
Smoked Mozzarella Cheese. Served with
Balsamic Vinegar Reduction.

Cal 400 Fat 13 g Chol 36 mg Carbs 50 g

Additional charge of substitution on extra items. Parties of 8 or more subject to 17% gratuity

*Calorie count before cooking

~ Soups and Salads ~

SOUP OF THE DAY \$4.75

Made Fresh Daily.

CLAM CHOWDER \$5.25

Creamy New England-Style.

TOSSED MIXED GREENS \$4.95

Crisp Mixed Greens, Tossed with Tomatoes,
Cucumbers, Croutons, Red Onions &
Shredded Parmesan Cheese.

Cal 137 Fat 4 g Chol 2 mg Carbs 27 g

WILD GREEN SALAD \$7.25

Wild Mixed Greens Topped with Golden Raisins,
Sundried Cranberries, Gorgonzola Cheese,
Candied Pecans, Green Apples, with
Endive & Raspberry Vinaigrette.

Cal 469 Fat 30 g Chol 30 mg Carbs 49 g

COBB SALAD \$9.95

Crisp Mixed Greens Topped with Diced Turkey,
Tomatoes, Ham, Bacon, Boiled Egg,
Crumbled Blue Cheese. & Avocado
Your Choice of Dressing.

Cal 407 Fat 25.5 g Chol 77 mg Carbs 20.25 g

ORIENTAL CHICKEN SALAD \$10.25

Marinated Double Breast of Chicken, Broiled Then
Served on a Bed of Shredded Lettuce with Rice
Stick Noodles, Peanuts, Cilantro, Green Onions
& Our Own Dressing. Garnished with
Carrots, Jicama, Tomato & Cucumber.

Cal 670 Fat 22 g Chol 60 mg Carbs 81 g

SPINACH SALAD \$7.75

Spinach with Candied Pecan, Sundried Cranberries,
Red Onions an & Gorgonzola Cheese.
Served with Balsamic Vinegar Reduction.

Cal 423 Fat 30 g Chol 30 mg Carbs 34 g

CAESAR SALAD COMBINATION \$6.95

Crisp Romaine Lettuce Tossed with Croutons, Parmesan Cheese
& Our Own Caesar Dressing

Add Clam Chowder Bowl \$3.00. Add Chicken \$4.00. Add Broiled Salmon \$5.00

Add Flank Steak \$6.00. Add Broiled Prawns \$1.50 Each.

Caesar Plain Cal 210 Fat 14.5 g Chol 12 mg Carbs 11 g

Caesar W/ Chowder Bowl Cal 690 Fat 25.5 g Chol 32 mg Carbs 88 g

Caesar W/ Chicken Cal 410 Fat 17.5 g Chol 72 mg Carbs 11 g

Caesar W/ Salmon Cal 570 Fat 36.5 g Chol 102 mg Carbs 13 g

Caesar W/ Flank Steak Cal 990 Fat 51 g Chol 209 mg Carbs 11 g

Caesar W/ Each Prawn Only Cal 6 Fat .1 g Chol 9 mg Carbs .1 g

Additional charge of substitution on extra items. Parties of 8 or more subject to 17% gratuity

*Calorie count before cooking

~ Sandwiches ~

All Sandwiches Served With Your Choice of
French Fries or Fruit Cup

BACON CHEESEBURGER \$9.95

Fresh Ground Beef Broiled to Perfection
Then Topped with Smoked Bacon & Cheddar
Cheese. Served On a Bun with Lettuce,
Tomato, Red Onion & Pickle.

Cal 938 Fat 54 g Chol 202 mg Carbs 58 g

MONTEREY CHICKEN BURGER \$9.95

Double Breast of Chicken Broiled Then Topped with
Avocado & Monterey Jack Cheese. Served On a
Bun with Lettuce & Tomato.

Cal 513 Fat 13 g Chol 60 mg Carbs 51 g

RANCH CHICKEN SANDWICH \$9.50

Breast of Chicken Coated with Panko Bread Crumbs
And Parmesan Cheese Then Sautéed And Topped
With Smoked Bacon and Swiss Cheese
on a Bun With Lettuce, Tomato &
Chipotle Ranch Dressing.

Cal 577 Fat 33 g Chol 84 mg Carbs 30 g

CLUB HOUSE \$8.95

Tender Slices of Rotisserie Turkey Breast, Lettuce,
Tomato, Smoked Bacon, Avocado & Swiss Cheese
Stacked on a Toasted Triple Decker.

Cal 627 Fat 28 g Chol 90 mg Carbs 92 g

PHILLY CHEESE STEAK \$9.95

Angus Beef Grilled with Peppers & Onions
Topped with Pepper Jack Cheese
On a Sourdough Roll.

Cal 766 Fat 28 g Chol 177 mg Carbs 66 g

STEAK SANDWICH \$12.25

Angus Tri-Tip Steak Sandwich Broiled To Perfection
On Focaccia Cheese Bread & Topped with
Caramelized Onions & Diced Tomatoes.

Cal 689 Fat 29 g Chol 182 mg Carbs 41 g

Additional charge of substitution on extra items. Parties of 8 or more subject to 17% gratuity

*Calorie count before cooking

~ From The Sea or From The Farm ~

CHICKEN CREOLE \$18.25

Chicken Breast Coated in Cajun Spice Then Sautéed
And Topped with Bay Scallops and Bay Shrimp
In a Lemon Cream Sauce. Served with
Vegetables & Choice of Starch.

Cal 805 Fat 49.5 g Chol 338 mg Carbs 71 g

PRAWNS & CHIPS \$14.95

Served with Crispy French Fries,
Cocktail Sauce & Tartar Sauce.

Cal 1071 Fat 61 g Chol 315 mg Carbs 130 g

CHICKEN MONTE CARLO \$19.25

Breast of Chicken Coated with Parmesan Cheese &
Panko Bread Crumbs then Sautéed with Three
Shrimp Scampi. With Wild Rice Blend & Vegetables.

Cal 933 Fat 50 g Chol 224 mg Carbs 88 g

MUSHROOM CHICKEN \$14.75

Chicken Breast Seasoned and Sauteed with Portabella,
Shitake and Button Mushrooms with Balsamic Cream
Sauce. Served with Vegetables and Choice of Starch .

Cal 731 Fat 48 g Chol 223 mg Carbs 43 g

ASK YOUR SERVER FOR
FISH OF THE DAY, PASTA OF THE DAY, & CHEF'S CREATION

~ Pasta ~

MARKET PLACE PASTA \$11.50

Linguine Sautéed with Garden Fresh Vegetables,
Garlic, Fresh Herbs, Mushrooms & Broiled
Eggplant. Topped with Diced Tomatoes
& Shredded Parmesan Cheese

Cal 634 Fat 18 g Chol 2 mg Carbs 118 g

CAJUN SEAFOOD PASTA \$13.95

Bay Shrimp, Bay Scallops, Broccoli Florettes
Sautéed in Cajun Cream Sauce. Topped with Diced
Tomatoes & Shredded Parmesan Cheese.

Cal 969 Fat 49 g Chol 280 mg Carbs 94 g

SHRIMP SCAMPI \$19.25

Prawns & Mushrooms, Sautéed In Garlic, Herbs &
Olive Oil. Served On a Bed of Fettuccine Primavera
Topped with Diced Tomatoes & Shredded
Parmesan Cheese.

Cal 922 Fat 47 g Chol 210 mg Carbs 114 g

Starch Choices: Wild Rice Blend, Garlic Mashed Potatoes or Steamed Rice
Baked Potato Will Be An Additional \$2.00

*Calorie count before cooking

~ From The Grille ~

LAMB CHOPS \$19.50

Four Lamb Chops Broiled to Perfection. Then Topped with Lingonberry Sauce. Served with Vegetables & Choice of Starch.

Cal 600 Fat 48.4 g Chol 123 mg Carbs 31 g

NEW YORK STEAK \$24.00

12-oz. Angus New York Steak Broiled. Served with Vegetables, Baked Potato & Choice of Sauce.

Cal 1081 Fat 54 g Chol 304 mg Carbs 59 g

PORK CHOP \$19.50

10-oz. Pork Chop Marinated In Fruit Juices Then Broiled To Perfection, Brushed with Apricot Sherry Glaze & Topped with Sundried Cranberries. Served with Vegetables & Garlic Mashed Potatoes.

Cal 593 Fat 32 g Chol 139 mg Carbs 48 g

RIB-EYE STEAK \$25.00

13-oz. Choice Angus Rib-Eye Steak Broiled To Perfection. Served with Vegetables, Baked Potato & Choice of Sauce.

Cal 1105 Fat 70.6 g Chol 230 mg Carbs 59 g

FILET MIGNON \$27.00

A 8-oz Choice of Angus Filet Mignon, Broiled to Perfection. Served with Vegetables, Garlic Mashed Potatoes, & Choice of Sauce.

Cal 723 Fat 36.4 g Chol 207 mg Carbs 42 g

PORK MARSALA \$15.95

Boneless Pork Chop Coated with Panko Bread Crumbs Then Sautéed and Topped with Marsala Sauce, Mushrooms, Green Onions, & Diced Tomatoes Served with Vegetables and Choice of Starch.

Cal 593 Fat 32 g Chol 139 mg Carbs 48 g

*Add Shrimp Scampi To Any Meat Selection for \$1.50 each
Choice of Sauces: Béarnaise, Mushroom Marsala, BBQ or Peppercorn
Starch Choices: Wild Rice Blend, Garlic Mashed Potatoes or Steamed Rice
Baked Potato Will Be An Additional \$2.00

Additional charge of substitution on extra items. Parties of 8 or more subject to 17% gratuity

*Calorie count before cooking

~ Low Carb ~

BROILED SALMON \$15.25

Broiled Filet of Salmon on a Bed of Baby Bok Choy
Then Topped With Poached Spinach & Feta.
Served with Lemon & Cucumber Dill Sauce.

Cal 476 Fat 30 g Chol 110 mg Carbs 48 g

CHICKEN & ARTICHOKE SAUTEE \$13.75

An Array of Fresh Vegetables and Artichokes
Sautéed With Dry White Wine & Cream
Topped With a Broiled Chicken Breast Garnished
With Eggplant, Diced Tomato and Parmesan Cheese.

Cal 713 Fat 48 g Chol 223 mg Carbs 45 g

~ Desserts ~

Ice Cream \$3.25

Ice Cream Sundae \$3.75

Hot Apple Pie \$4.25

Hot Apple Pie A La Mode \$4.75

Featured Cakes \$5.25

Chef's Specialty Cheesecake \$5.25

...Please ask your server

~ Beverages ~

Freshly Brewed Coffee

“French - Press”

Pot \$5.00

Cup \$2.50

Milk \$1.75

Hot Tea \$2.50

Iced Tea \$2.50

Sparkling Water \$2.50

Spring Water \$2.50

Soda \$2.50

Additional charge of substitution on extra items. Parties of 8 or more subject to 17% gratuity

*Calorie count before cooking