

Lunch Menu

~ Soups and Salads ~

SOUP OF THE DAY \$4.50
Made Fresh Daily

CLAM CHOWDER \$5.25
Creamy New England-Style Clam Chowder

TOSSED GREENS SALAD \$4.95
Crisp Mixed Greens, Tossed &
Topped With Tomatoes, Cucumbers,
Croutons, Red Onions & Parmesan Cheese.
Cal 137 Fat 4 g Chol 2 mg Carbs 27 g

ORIENTAL CHICKEN SALAD \$10.25
Marinated Double Breast Of Chicken Broiled
To Perfection. Served On A Bed Of Shredded
Lettuce With Cilantro, Green Onions,
Rice Stick Noodles, Peanuts &
Our Own Dressing. Garnished With
Jicama, Carrots, Tomatoes & Cucumber.
Cal 670 Fat 22 g Chol 60 mg Carbs 81 g

COBB SALAD \$9.95
Crisp Mixed Greens Topped With Diced Turkey, Ham, Bacon, Tomato, Boiled Eggs &
Crumbled Blue Cheese. Served With Your Choice of Dressing.
Cal 407 Fat 25.5 g Chol 77 mg Carbs 20.25 g

~ Sandwiches ~

All Sandwiches Served With Your Choice Of Fruit Cup Or French Fries.

TUNA MELT \$7.50
Tuna Salad Grilled With Cheddar Cheese.
Sandwiched Between Wheat Bread.
Cal 550 Fat 30 g Chol 74 mg Carbs 37 g

CLASSIC CLUB \$8.95
Tender Slices Of Turkey Breast, Lettuce,
Tomato, Bacon, Avocado & Swiss Cheese
On A Toasted Triple-Decker.
Cal 627 Fat 28 g Chol 90 mg Carbs 92 g

GRILLED TURKEY AND CHEESE \$7.95
Rotisserie Turkey Sliced and Grilled
with Monterey Jack Cheese on
Whole Wheat Bread.
Cal 554 Fat 27 g Chol 134 mg Carbs 26 g

GRILLED TOMATO AND CHEESE \$6.95
Tomatoes on Grilled Sourdough Bread
with Mozzarella Cheese
Cal 344 Fat 12 g Chol 36 mg Carbs 41 g

STEAK SANDWICH \$11.75
Angus Tri-Tip Steak Sandwich Broiled To Perfection
On Focaccia Cheese. Topped With Caramelized
Onions & Tomatoes.
Cal 689 Fat 29 g Chol 182 mg Carbs 41 g

CAESAR SALAD COMBINATIONS

Crisp Romaine Lettuce, Tossed With
Croutons, Parmesan & Our Own
Caesar Salad Dressing. \$6.95

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

CAJUN SPINACH SALAD \$10.95
Spinach Leaves, Grilled Cajun Chicken Breast,
Red And Green Peppers, Red Onions,
Pecans, Bacon, & Gorgonzola Cheese.
All Tossed Together With
Fat-Free Raspberry Vinaigrette.
Topped With Shredded Parmesan Cheese.
Cal 654 Fat 42 g Chol 110 mg Carbs 21.5 g

PORTOBELLO MUSHROOM BURGER \$7.50
Portobello Mushroom Sautéed &
Served On A Whole Wheat Bun
With Tomato, Roasted Red Pepper,
Lettuce, Red Onion & Pepper Jack Cheese.
Cal 395 Fat 11 g Chol 25 mg Carbs 67 g

TURKEY BURGER \$7.95
Burger Made From Ground Turkey. Grilled
And Served On A Whole Wheat Bun.
Garnished With Lettuce Tomato
And Red Onion.
Cal 561 Fat 17 g Chol 130 mg Carbs 54 g

BACON CHEESEBURGER \$8.95
Fresh Ground Beef, Broiled to Perfection &
Topped With Cheddar Cheese And Smoked
Bacon On A Bun With Lettuce,
Tomato, & Onion.
Cal 938 Fat 54 g Chol 202 mg Carbs 58 g

1/4 POUND BACON CHEESEBURGER \$6.95
Fresh Ground Beef, Broiled to Perfection &
Topped With Cheddar Cheese And Smoked Bacon
On A Bun With Lettuce, Tomato, & Red Onion.
Cal 669 Fat 34.2 g Chol 122 mg Carbs 52 g

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

*Calorie count before cooking

May/2010

~ Main Courses ~

CHICKEN QUESADILLA \$8.95

Chicken, Onions & Peppers Sautéed Then Layered Between Two Large Flour Tortillas With Cheese. Served With Sour Cream, Guacamole & Salsa Fresca.

Cal 885 Fat 35 g Chol 131 mg Carbs 71 g

VEGETARIAN QUESADILLA \$8.75

An Array Of Broiled Vegetables Layered Between Two Flour Tortillas With Melted Cheese. Served With Salsa Fresca, Sour Cream & Guacamole.

Cal 632 Fat 27 g Chol 53 mg Carbs 88 g

PRAWNS & CHIPS \$14.50

Eight Breaded Prawns, Deep Fried Until Golden Brown. Served With Crispy Fries, Cocktail & Tartar Sauce.

Cal 1071 Fat 61 g Chol 315 mg Carbs 130 g

BROILED SALMON \$11.50

6-oz Filet of Salmon, Broiled & Served On A Bed Of Broiled Vegetables & Baby Bok Choy Then Topped With Steamed Spinach & Feta Cheese. Served With Cucumber Dill Sauce.

Cal 476 Fat 30 g Chol 110 mg Carbs 48 g

CHICKEN TERIYAKI \$10.75

Marinated Double Breast Of Chicken, Broiled & Topped With Green Onions, Mushrooms & Teriyaki Sauce. Served With Steamed Rice & Vegetables.

Cal 581 Fat 3.4 g Chol 60 mg Carbs 36 g

CHICKEN MARSALA \$10.75

Double Breast Of Chicken Sautéed Then Topped With Mushroom Marsala Sauce. Served With Rice Pilaf & Vegetables

Cal 504 Fat 10 g Chol 63 mg Carbs 69 g

CAJUN SEAFOOD PASTA \$9.95

Bay Shrimp, Scallops, Broccoli Florettes Sautéed With Linguine & Mild Cajun Cream Sauce. Topped With Shredded Parmesan Cheese & Diced Tomatoes.

Cal 969 Fat 49 g Chol 280 mg Carbs 94 g

CHICKEN ARTICHOKE \$9.95

Sautéed Breast of Chicken with Garlic, Fresh Herbs, Peppers, Onions, Dry White Wine and Cream. Served with Seasonal Vegetables.

Cal 713 Fat 48 g Chol 223 mg Carbs 45 g

~ Desserts ~

Ice Cream	\$3.25
Hot Apple Pie	\$4.25
...A La Modè	\$5.25

Ice Cream Sundae	\$3.75
Featured Cakes	\$4.95
Chef's Specialty Cheesecake	\$5.95
...Please Ask Your Server	

~ Beverages ~

Coffee	\$1.50
Milk	\$2.25
Hot Tea	\$2.25
Iced Tea	\$2.50

Sparkling Water	\$2.50
Spring Water	\$2.50
Soda	\$2.50

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