

# Lunch Menu

## ~ Soups and Salads ~

### SOUP OF THE DAY \$4.00

Made Fresh Daily

### TOSSED GARDEN GREENS \$4.50

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

### VEGETARIAN SALAD \$7.95

An Array of Broiled then Chilled Vegetables,  
Tossed with Sundried Tomato Basil Vinaigrette.  
Served on a Bed of Wild Mixed Greens & Spinach.  
Garnished with Red Onions & Tomatoes.  
Topped with Asiago Cheese.

### ORIENTAL CHICKEN SALAD \$9.75

Marinated Breast of Chicken Broiled to Perfection.  
Served on a Bed of Shredded Lettuce with  
Rice Stick Noodles, Peanuts & Our Own Dressing.  
Garnished with Tomatoes & Cucumber.

### CAJUN SPINACH SALAD \$10.75

Spinach Leaves, Cajun Chicken Breast,  
Peppers, Red Onions, Pecans,  
Bacon, Gorgonzola Cheese.  
All Tossed Together with  
Fat-Free Raspberry Vinaigrette.  
Topped with Shredded Parmesan Cheese.

### CLAM CHOWDER \$4.95

Creamy New England-Style, Full of Clams

### CAESAR SALAD COMBINATIONS

Crisp Caesar Salad, Tossed with Croutons,  
Parmesan & Our Own Caesar Dressing with;  
A Bread Bowl Full of our  
Tasty Home-made Clam Chowder. \$8.95  
Chicken \$9.50 or Flat Iron Steak \$12.75

### COBB SALAD \$9.25

Crisp Chilled Lettuce, Topped with Turkey,  
Ham, Bacon, Tomato, Boiled Eggs &  
Crumbled Blue Cheese.  
Served with Your Choice of Dressing.

### GINA'S CHICKEN SALAD \$10.25

Breast of Chicken, Marinated in Honey &  
Dijon Mustard. Coated with Pecans & Corn Flakes.  
Sautéed & Served with Mixed Green Salad  
& Choice of Dressing.

### MALIBU CHICKEN SALAD \$11.25

Chicken Breast Breaded with  
Asiago Cheese & Panko Bread Crumbs.  
Sautéed then Topped with Proscuitto Ham &  
Swiss Cheese. Served with Mixed Green Salad  
& Choice of Dressing.

## ~ Sandwiches ~

All sandwiches served with your choice of Fruit Cup or French Fries.

### TUNA MELT \$6.95

Tuna Salad Grilled with Cheddar Cheese.  
Sandwiched between Wheat Bread.

### TURKEY BURGER \$7.50

Burger made from Ground Turkey.  
Served with Lettuce, Tomato & Onion  
on a Whole Wheat Bun.

### SMOKED CHICKEN SANDWICH \$8.95

Served on an Onion Roll with BBQ Sauce,  
Pepper Jack Cheese, Lettuce & Tomatoes.

### HOT BEEF & BRIE \$9.25

Grilled Angus Tri-Tip, Sliced &  
Served on a Focaccia Roll with Lettuce,  
Tomato, Cucumber, Brie Cheese & Dill Mayonnaise.

### PORTOBELLO BURGER \$6.95

Portobello Mushroom Sautéed &  
Served on a Whole Wheat Hamburger Bun  
with Roasted Red Pepper, Lettuce,  
Red Onion & Pepper Jack Cheese.

### CLASSIC CLUB \$8.75

Tender slices of Turkey Breast,  
Lettuce, Tomato, Bacon, Sprouts,  
Avocado & Swiss Cheese  
Stacked high in a Toasted Triple-Decker.

### BACON CHEESEBURGER \$8.95

Fresh Ground Beef, Broiled to Perfection &  
Topped with Cheddar Cheese, Bacon,  
with all the Condiments.

## ~ Main Courses ~

**CHICKEN QUESADILLA \$8.75**  
 Chicken, Onions & Peppers in  
 Two Large Flour Tortillas  
 with Melted Cheddar Cheese. Served with  
 Sour Cream, Guacamole & Salsa Fresca.

**GREEK CHICKEN \$10.95**  
 Breast of Chicken, Marinated then Sautéed &  
 Topped with Tomato Basil Cream Sauce,  
 Calamata Olives & Feta Cheese.

**CHICKEN TERIYAKI \$10.25**  
 Marinated Double Breast of Chicken,  
 Broiled & Topped with Mushrooms,  
 Green Onions & Teriyaki Sauce.  
 Served with Steamed Rice & Vegetables.

**MONTAGUE'S STEAK SANDWICH \$11.50**  
 Angus Beef Broiled to Your Liking on Top of Cheese  
 Focaccia Bread. Topped with Caramelized Sweet  
 Onions & Diced Tomatoes. Served with Fries.

## ~ Seafood and Pasta ~

**LINGUINE WITH TOMATO  
 BASIL CREAM SAUCE**  
 Linguine Sautéed with Spinach, Mushrooms, Peppers,  
 Pecans & Sweet Tomato Basil Cream Sauce.  
 Served Plain \$8.75 Chicken \$11.75 Prawns \$13.75

**FISH & PASTA OF THE DAY**  
 A Daily Selection Served with Fresh Vegetables.

**CAJUN SEAFOOD PASTA \$9.50**  
 Bay Shrimp, Baby Scallops, Broccoli & Tomato,  
 Tossed with Linguine & Mild Cajun Cream Sauce.

**PRAWNS & CHIPS \$13.95**  
 Eight Breaded Prawns, Deep Fried &  
 Served with Crispy French Fries,  
 Cocktail & Tartar Sauce.

## ~ Lo Carb Items ~

**SAUTÉED PORK CHOPS \$8.75**  
 Two Boneless Pork Chops,  
 Sautéed with Shallots,  
 Garlic, Herbs & Red Wine Cream Reduction.  
 Served with Broiled Vegetables  
 & Parsnip Cake.

**BROILED SALMON \$10.25**  
 6-oz Filet of Salmon, Broiled &  
 Served on a Bed of Broiled Vegetables  
 with Cucumber Dill Sauce  
 & Parsnip Cake.

**OPEN FACE CHICKEN CORDON BLEU \$11.95**  
 Chicken Breast Sautéed then  
 Topped with Proscuitto Ham & Swiss Cheese.  
 Served on a Bed of Red Wine Cream Reduction  
 with Fresh Seasonal Vegetables  
 & Parsnip Cake.

**CHICKEN & ARTICHOKE SAUTEE \$9.75**  
 Boneless Chicken Breast, Sautéed with Herbs,  
 Peppers, Onion, Artichoke Hearts,  
 Dry White Wine & Cream.  
 Served with Vegetables & Parsnip Cake.

**THAI CHICKEN \$11.75 or BEEF \$13.75**  
 Fresh Vegetables Sautéed with Cabbage,  
 Thai Curry & Coconut Cream Reduction.  
 Topped with Choice of  
 Flank Steak or Chicken Breast.

**GRILLED FLANK STEAK \$13.75**  
 8-oz Flank Steak, Grilled to Your Liking.  
 Topped with Sautéed Mushrooms,  
 Chopped Bacon & Crumbled Blue Cheese.  
 Served with Broiled Vegetables  
 & Parsnip Cake.

**PARMESAN SHRIMP \$18.50**  
 Prawns Coated with Almond & Parmesan Cheese. Deep Fried until Golden Brown.  
 Served with Fresh Seasonal Vegetables, Lemon, & Parsnip Cake.

## ~ Desserts ~

Ice Cream \$3.25  
 Hot Apple Pie \$4.25  
 ...Topped with Ice Cream \$5.25

Ice Cream Sundae \$3.75  
 Featured Cakes \$4.95  
 Chef's Specialty Cheesecake \$5.29  
 ...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