

SALADS

COBB SALAD

Chopped romaine with turkey, chopped tomato, avocado, black olives, bacon, bleu cheese crumbles, and hard boiled egg . . \$9.95

CAESAR SALAD

Chopped romaine with seasoned croutons, parmesan cheese, and creamy Caesar dressing. . . \$6.95
Add Chicken . . . \$8.95 OR Salmon . . \$10.95

TUNA SALAD PLATTER

Scoop of tuna over a bed of baby greens with tomato, cucumber & red onion. . . \$7.95

APPLE CRAISIN SALAD

Sliced apples over baby greens with raisins, cucumber, walnuts, crumbled bleu cheese and balsamic vinaigrette . . . \$7.95
Add Chicken . . . \$9.95

ASIAN CHICKEN SALAD

Chicken, mandarin oranges, almond slivers, shredded carrots and crispy noodles over baby greens with Asian sesame dressing . . \$8.95

SESAME CRUSTED TUNA STEAK SALAD

Sesame crusted and pan seared rare - served sliced over baby greens with Asian sesame dressing and pickled ginger. . \$10.95

FRESH MOZZARELLA & TOMATO SALAD

Spring mix greens with fresh mozzarella, roasted peppers, tomatoes, black olives, topped with sliced almonds served with balsamic dressing. . . . \$8.95

HOUSE SALAD

Baby greens, tomato, cucumber, carrots, red onions . . \$6.95
Add Chicken . . . \$8.95

SIDES

veggie sticks with side dressing. . . \$2.75

french fries. . . \$3.00

cheese fries. . . \$4.00

sweet potato fries. . . \$3.50

fresh fruit cup. . . \$3.00

HOURS

Mon - Thurs 7-9 Friday 7-8:30

Saturday 8-5 Sunday 8-3:30

KIDS CLUB

Mozzarella Sticks. . . \$5.25

Mac & Cheese Bites. . . \$5.25

Grilled Cheese. . . \$5.25

4 OZ. Hamburger. . . \$5.25

(with or without cheese)

Chicken Fingers. . . \$5.25

Hot Dog. . . \$5.25

♡ All above served with choice of side:
French Fries – Fruit – Veggie Sticks

BEVERAGES

| | Small | Large |
|---------------------------------|-------|-------|
| Soda/Iced Tea | 1.25 | 1.95 |
| Juice | 1.50 | 2.15 |
| <i>Cranberry, Apple, Orange</i> | | |
| Milk | 1.25 | 1.95 |
| Chocolate Milk | 1.50 | 2.25 |
| Coffee/Hot Tea | 1.00 | |
| Bottled Water | 2.00 | |
| Gatorade | 2.50 | |
| V8 | 2.50 | |
| Snapple | 1.95 | |
| Domestic Beer | 4.00 | |
| Import Beer | 5.00 | |
| Wine | 6.00 | |

JUICE BAR

100% Natural Fruit Shakes No Sugar Added!
Delicious shakes for adults & kids, with or without protein.
Ask your server for a complete list of shake flavors!



APPETIZERS

GRILLED VEGGIES

Assorted grilled vegetables served warm, topped with bleu cheese crumbles, balsamic glaze and toast points on the side . . . \$5.95

NACHOS GRANDE

Piled high with veggie chili, black olives, jalapenos, diced tomato and melted cheddar. Served with sides of salsa, sour cream and guacamole . . . \$ 7.95

BUFFALO WINGS

8 spicy wings, celery sticks and bleu cheese dressing . . \$6.95

MOZZARELLA STICKS

Served with side of marinara sauce. . . \$5.95

IT'S A WRAP!

Your choice of white or wheat
All wraps served with tortilla chips

CHICKEN SALAD WRAP

with lettuce and tomato . . . \$5.95

CHICKEN CAESAR WRAP

It's a salad all wrapped up! . . . \$5.95

SOUTHWESTERN WRAP

Breaded chicken, cheddar cheese, lettuce, tomato and black bean salsa . . . \$6.95

ROASTED TURKEY + SWISS WRAP

with avocado ranch dressing . . . \$6.95

FLATBREAD FAVORITES

All served with side of veggie sticks

GRILLED SALMON

With diced tomato, spinach and lemon emulsion. . . \$8.50

TUNA MELT

With tomato & melted swiss. . . \$6.95

GRILLED CHICKEN

With lettuce, tomato, onion & balsamic vinaigrette. . . \$6.95

VEGAN HUMMUS

With lettuce, tomato & onion. . . \$5.95

SOUPS

Soup . . . cup \$3.00 bowl . . . \$4.50
Vegetarian Chili . . . cup \$4.00 bowl . . . \$5.50
served with chips and sour cream

SANDWICHES

All served with fresh fruit

ITALIAN GRILLED CHICKEN SANDWICH

Grilled chicken with roasted peppers, fresh mozzarella, topped with balsamic dressing on a 7 grain roll . . . \$7.95

TURKEY REUBEN SANDWICH

Served open on rye with sauerkraut, melted swiss and Russian dressing. . . \$7.95

BLT SANDWICH

Crispy bacon, lettuce, tomato, and mayo . . . \$5.95

CALIFORNIA TURKEY SANDWICH

Roasted turkey, avocado & cheddar on grilled whole wheat with basil pesto aioli . . . \$7.95

SANTA FE CHICKEN SANDWICH

Grilled breast, guacamole, lettuce, tomato on 7 grain roll . . . \$7.95

TUNA SALAD SANDWICH

Lettuce, tomato on choice of white, rye or wheat. . . \$5.95

GRILLED CHEESE...\$5.25

With bacon \$5.95
With tomato45 extra

TRIPLE DECKER TURKEY CLUB SANDWICH

With crisp bacon, lettuce, tomato and mayo on white or wheat toast. . . \$7.95

CHICKEN + CHEESE QUESADILLA

With peppers and onions and side of salsa and sour cream . . . \$7.95
Cheese only . . . \$5.95

1/2 SANDWICH + SOUP/ SALAD COMBO

Cup of Today's Soup & choice of Tuna, Chicken Salad, Turkey or Grilled Cheese
1/2 Sandwich & Cup of Soup,
1/2 Sandwich & Small Salad,
or Cup of Soup and Small Salad . . . \$6.50

BURGERS AND MORE!

All burgers include lettuce, tomato & red onion
Served on a Kaiser roll
Choice of: French Fries or Veggie Sticks

ANGUS BURGER. . . \$6.95

TURKEY BURGER. . . \$6.95

With Swiss, American or Cheddar \$1.00 extra

AVOCADO RANCH BURGER. . . \$6.95

Sliced avocado, lettuce, tomato topped with avocado ranch dressing

ENTREES

SEARED TUNA STEAK

Sesame crusted and pan seared rare, served over rice pilaf with pickled ginger and side of sauteed spinach or broccoli . . \$10.95

GRILLED SALMON BRUSCHETTA

Atlantic salmon served with seasoned diced tomatoes on a bed of sauteed spinach with rice pilaf . . . \$10.95

PENNE PASTA MARINARA

Penne pasta topped with tomato marinara sauce . . . \$6.95

LEMON CHICKEN PAILLARD

Boneless chicken breast sauteed in lemon butter, served with sauteed spinach and rice pilaf . . . \$8.95

GRILLED VEGGIE TOWER

Topped with bleu cheese and slivered almonds, served with rice pilaf . . . \$7.95

CHICKEN TENDERS PLATTER

With french fries and side of honey mustard. . \$6.95

