

LUNCH MENU

F r e s h G r e e n S a l a d s a n d S o u p s

SOUP DU JOUR

Your choice from two soups prepared daily. 5

SOUP & SALAD

Your choice of Soup du Jour accompanied by either House, Caesar or Baby Spinach salad. 12

HOUSE SALAD ^{GF}

Field greens, tomatoes, cucumbers and croutons; tossed in herb vinaigrette. 9

With Cajun or grilled chicken 12 **With grilled Shrimp (4)** 15 **With Cajun Salmon** 15

BABY SPINACH SALAD ^{GF}

Baby spinach, tomatoes, cucumbers, roasted cashews and croutons; tossed in Balsamic vinaigrette. 9

With Cajun or grilled chicken 12 **With grilled Shrimp (4)** 15 **With Cajun Salmon** 15

CAESAR SALAD ^{GF}

Romaine lettuce and croutons; tossed in Caesar dressing and topped with parmigiano reggiano. 9

With Cajun or grilled chicken 12 **With grilled Shrimp (4)** 16 **With Cajun Salmon** 15

FERNANDO'S CRABCAKE SALAD

Jumbo lump mini crabcakes, field greens, tomatoes and cucumbers; tossed in herb vinaigrette. 17

B u r g e r s a n d S a n d w i c h e s

Served with French fries or vegetable medley.

TURKEY BURGER

8 oz. ground white meat turkey with fresh mozzarella and caramelized onion on a vienna roll and pesto mayo on the side. 10

CLASSIC BURGER

Ground Angus beef topped with caramelized onions. 13

CHEESEBURGER

Ground Angus beef and caramelized onions with your choice of: American, Cheddar, or Swiss cheese. 14

BACON CHEDDAR BURGER

8 oz. ground angus beef, cheddar cheese, bacon and caramelized onions on a ciabatta roll. 14

W r a p s

Served with French fries or vegetable medley.

CAJUN CHICKEN WRAP

Cajun chicken breast, pepper jack cheese, caramelized onions, lettuce, tomatoes and chipotle mayo in a honey wheat wrap. 12

GRILLED CHICKEN WRAP

Grilled chicken breast, lettuce, tomatoes, mozzarella cheese in a honey wheat wrap and honey mustard on the side. 12

CHEESESTEAK WRAP

Thinly sliced sirloin, American cheese and caramelized onions in a honey wheat wrap. 14

GRILLED VEGETABLE WRAP

Zucchini, yellow squash, portabella mushrooms, roasted peppers, lettuce, tomatoes and mozzarella cheese; in a whole wheat wrap. 10

E n t r e e s

Include either House salad, Caesar or Soup du Jour

CAJUN CHICKEN QUESADILLAS

Cajun chicken breast, pepper jack cheese, roasted red pepper and baby spinach in flour tortillas with tomatillo jalapeño cilantro salsa and sour cream on the side. 14

CHICKEN FRANCAISE

Egg battered chicken breast sautéed with Chablis, lemon, butter and parsley; served with rice pilaf and vegetable medley. 14

GRILLED CHICKEN MARSALA ^{GF}

Grilled chicken breast with shallots, mushrooms, marsala wine, butter and parsley; served with rice pilaf and vegetable medley. 14

PAN SEARED ATLANTIC SALMON ^{GF}

With rice pilaf, vegetable medley and tomato cucumber dill and caper relish. 18

VEGETABLE PENNE *

Grilled zucchini, baby spinach, broccoli, fresh mozzarella and penne pasta; tossed in tomato basil sauce, topped with parmigiano reggiano. 12

^{GF} GLUTEN FREE

* GLUTEN FREE PASTA AVAILABLE