



LUNCH MENU

Fresh Green Salads & Soups

SOUP DU JOUR

Your choice from two soups prepared daily. 6

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 16

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 16

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) 15

With Cajun Salmon 16

FERNANDO'S CRABCAKE SALAD

Mini crabcakes, field greens, tomatoes and cucumbers; tossed in herb vinaigrette. 17

Burgers

On a ciabatta roll, served with French fries or vegetable medley.

TURKEY BURGER

8 oz. ground white meat turkey, caramelized onions on a Vienna roll with pesto mayo on the side. 14

CLASSIC BURGER

8 oz. ground Angus beef topped with caramelized onions. 13

BACON CHEESEBURGER

8 oz. ground Angus beef, bacon, Cheddar cheese, caramelized onions. 14

MUSHROOM SWISS BURGER

8 oz. ground Angus beef, Swiss cheese, sautéed mushroom and caramelized onions. 14

PEPPER JACK BURGER

8 oz. ground Angus beef, Pepper Jack cheese, caramelized onions and chipotle mayo on the side. 14

Sandwiches

On a ciabatta roll, served with French fries or vegetable medley.

BBQ CHICKEN SANDWICH

Grilled chicken breast, BBQ sauce, lettuce, tomatoes and caramelized onions. 12

BLT CHICKEN SANDWICH

Grilled chicken breast, bacon, lettuce, tomato and chipotle mayo. 12

PESTO CHICKEN SANDWICH

Grilled chicken breast, tomato, fresh mozzarella and pesto. 12

CAJUN TILAPIA SANDWICH

With lettuce, tomato and chipotle mayo. 10

Wraps

Served with French fries or vegetable medley.

BBQ Pork Loin Wrap

Sliced slow roasted pork loin, cheddar cheese, caramelized onion and BBQ sauce in whole wheat wrap. 10

CAJUN CHICKEN WRAP

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

CHEESESTEAK WRAP

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

Vegetable Wrap

Grilled zucchini, yellow squash, portabella mushrooms, roasted peppers, lettuce, tomatoes, and mozzarella cheese in a whole wheat wrap, honey mustard on the side. 10

Entrees

Include either House salad, Caesar or Soup du Jour.

CHICKEN FRANCAISE

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

GRILLED CHICKEN PENNE *

Grilled chicken breast, green peas and penne pasta; tossed in a tomato basil cream sauce with parmigiano Reggiano. 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