

# LUNCH MENU

Available 12pm-3pm

## Small Plates

**HOME MADE POTATO CHIPS 10.00**

*With grilled onion dip*

**HUMMUS PLATTER 14.00**

*With roasted peppers, Kalamata olives and cucumbers, pita ( extra pita ..add \$2)*

**COCONUT SHRIMP 16.00**

*With a horseradish orange dipping sauce*

**CHICKEN BITES 12.00**

*Choice of sauce BBQ, Honey Mustard or Teriyaki*

**FRIED CALAMARI 16.00**

*With marinara sauce*

**SAUSAGE, MEATBALL AND PEPPERS 16.00**

*With crostini (add side of pasta marinara 7.00)*

**PAN SEARED LUMP CRAB CAKE 18.00**

*Topped with corn, bacon salsa and aioli*

**CRISPY CHICKEN WINGS 14.00**

*8 with choice of bbq, teriyaki, buffalo sauce*

**BBQ PORK CHEDDAR FLATBREAD 12.00**

*Topped with chopped tomato and onions*

**MUSSELS MARINARA OR SCAMPI 16.00**

*Served over pasta add 6.00*

**FRIED GROUPER TACOS 16.00**

*3 with slaw, chopped tomato, cheddar and bang bang sauce*

## Fresh Salads

Blue cheese, ranch, 1000 is, Balsamic vinaigrette, Honey mustard, Italian

**Add Chicken 6.00 Add Shrimp 10.00**

**add Salmon 14.00 Add a scoop of Chicken salad or Tuna salad 4.00**

**MEL'S WAY SALAD 10.00**

*Mixed Greens, tomato, cucumber, red onion, Sliced boiled egg. Choice of dressing*

**CAESAR SALAD 12.00**

*Romaine Hearts, fresh herb croutons, topped with Asiago Parmesan*

**STEAK SALAD 21.00**

*Mixed greens, cukes, tomatoes, olives, gorgonzola Sliced N.Y strip steak*

**CRISPY CHICKEN B.L.T SALAD 16.00**

*Mixed greens with panko crusted chicken breast Bacon, tomatoes and sprinkled cheddar w/ranch*

**SEASONAL SALAD 14.00**

*Spinach, oranges, cranberries, walnuts, goat cheese In a sweet orange dressing*

**CHOPPED SALAD 14.00**

*Romaine, cukes, onions, tomatoes, dried cranberries Feta cheese white balsamic vinaigrette*

**THE WEDGE SALAD 12.00**

*Iceberg lettuce, chunky blue cheese dressing, bacon,*

## BREAKFAST FAVORITES

**VEGGIE OMELETTE 14.00**

*Chef's choice of veggies, served with toast and fruit*

**BAGEL AND LOX 16.00**

*Served with capers, onion and tomato*

**BREAKFAST SANDWICH 12.00**

*bacon, egg and cheese on French bread with home fries*

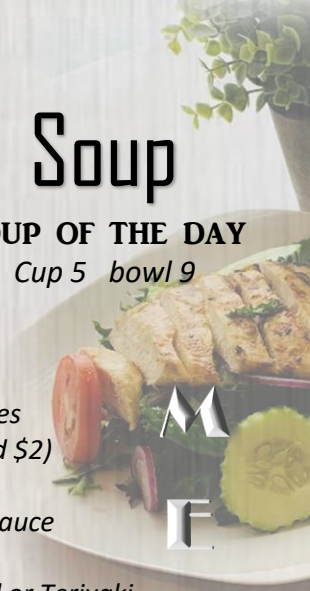
**CONSUMER ADVISORY :** consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical condition

**MENU ITEMS AND PRICES MAY CHANGE WITHOUT NOTICE**

## Soup

**SOUP OF THE DAY**

*Cup 5 bowl 9*



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# LUNCH SPECIAL \$8

**½ SANDWICH**

**CHOICE OF: CHICKEN SALAD, EGG SALAD, TUNA SALAD, SLICED TURKEY OR BLACK FOREST HAM**

**CHOICE OF SIDE**

*Soup of the day, Red potato salad, Coleslaw Fruit, Side Salad, Caesar salad, fries or chips*

*NO DISCOUNTS*

**DELI PLATTER \$12**

*tuna salad, chicken salad, egg salad Served with pita bread*

## Sandwiches & More

All sandwiches served with choice of steak fries, coleslaw, potato salad, fresh fruit or homemade potato chips  
**SUBSTITUTE YOUR SIDE FOR SOUP, SALAD, VEG OF DAY OR CAESAR SAL \$2**  
**GARLIC SPINACH OR SWEET POTATO FRIES \$3.00**

**DELI SANDWICH: CHOICE OF TURKEY, BLACK FOREST HAM EGG SALAD, DILL CHICKEN SALAD OR WHITE TUNA SALAD 10.00**

*With lettuce and tomato, choice of rye, wheat or white bread*

**YOUR WAY STEAK BURGER : 16.00**

*with Lettuce, tomato, onion, pickle on brioche bun*

**ADD CHEESE 1.00 ADD BACON 2.00**

**TUNA MELT 14.00**

*On Rye bread with Swiss & tomato*

**FOOT LONG HOT DOG 12.00**

*All Beef with relish and chopped onions*

**GRILLED CHEESE W/TOMATO AND BACON 12.00**

*On Thick Challah bread with American cheese*

**CHICKEN PHILLY 14.00 OR PRIME RIB STEAK PHILLY 16.00**

*With peppers, onions, Swiss and provolone*

**DOUBLE IRON CLUB : 14.00**

*Turkey, Ham, Bacon, American, Swiss, lettuce & tomato*

*On White bread*

**CHICKEN CLUB SANDWICH 14.00**

*Grilled chicken on pita with bacon, lettuce, tomato, pesto mayo*

**CRISPY CHICKEN B.L.T WRAP 16.00**

*On flour tortilla or wheat tortilla, crispy chicken, bacon*

*Lettuce, tomato, cheddar, drizzled ranch*

**CHICKEN CAESAR WRAP 16.00**

*On flour tortilla or wheat tortilla*

## Lunch Entrees

**ADD SOUP OR SALAD \$2**

**LEMON HERB GRILLED CHICKEN BREAST 16.00**

*Marinated with lemon, garlic, rosemary & thyme Served with lemon beurre blanc and veg of day*

**BREADED CHICKEN BREAST 16.00**

*Panko crusted chicken breast, topped with melted mozzarella and pesto cherry tomatoes and veg of day*

**BROILED HADDOCK 16.00**

*With lemon butter sauce and veg of day*

**FRY HADDOCK WITH FRIES AND COLESLAW 16.00**

**BROILED SALMON with veggies 24.00**

**SPAGHETTI MEATBALLS 16.00**

**PENNE ALA VODKA 16.00**

*Add chicken 6.00 add shrimp 10.00*

**PENNE PRIMAVERA 16.00**

*Chef's choice of veggies, garlic and olive oil sauce*

*Add chicken 6.00 add shrimp 10.00*