

LUNCH MENU

Available 12pm-3pm

Soup

Small Plates

HOME MADE POTATO CHIPS 8.00

With grilled onion dip

HUMMUS PLATTER 14.00

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

COCONUT SHRIMP 14.00

With a horseradish orange dipping sauce

CHICKEN BITES 12.00

Choice of sauce BBQ, Honey Mustard or Teriyaki

FRIED CALAMARI 14.00

With marinara sauce

SAUSAGE, MEATBALL AND PEPPERS 14.00

With crostini (add side of pasta marinara 6.00)

PAN SEARED LUMP CRAB CAKE 16.00

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

SMOKED FISH DIP 16.00

Served with crispy pita chips

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 19.00

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, tomatoes

BREAKFAST FAVORITES

AVAILABLE UPON REQUEST PLEASE ASK SERVER

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

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: TURKEY, BLACK FOREST HAM EGG SALAD, DILL CHICKEN SALAD, WHITE TUNA SALAD 10.00

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

YOUR WAY STEAK BURGER: 14.00

with Lettuce, tomato, onion, pickle on brioche bun

ADD CHEESE .50 ADD BACON 1.00

TUNA MELT 12.00

On Rye bread with Swiss & tomato

FOOT LONG HOT DOG 10.00

All Beef with relish and chopped onions

GRILLED CHEESE W/TOMATO AND BACON 10.00

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 \$4

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 4.00 add shrimp 8.00

PENNE PRIMAVERA 16.00

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

Add chicken 4.00 add shrimp 8.00