

Lunch Menu

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

with choice of bbq, teriyaki, buffalo sauce honey mustard or blue cheese

FRIED CALAMARI 16.00

With marinara sauce

PAN SEARED LUMP CRAB CAKE 18.00

Topped with corn, bacon and Dijon aioli

CRISPY CHICKEN WINGS 14.00

8 with choice of bbq, teriyaki, buffalo sauce

And carrots, celery and blue cheese

BBQ PORK or CHICKEN CHEDDAR FLATBREAD 12.00

Topped with chopped tomato and onions

FRIED GROUPER TACOS 16.00

3 with slaw, chopped tomato, cheddar and bang bang sauce on corn tortillas

CHEESE PLATTER 16.00

Mixed Italian meats, parmigiano Reggiano, Gouda Brie, rtd peppers, olives, fig spread. Grapes, cheesy toast and crackers

Fresh Salads

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

Add Chicken 4.00 Add Shrimp 8.00

add Salmon 12.00 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, balsamic vinaigrette

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

4 EGG OMELETTE 10.00 VEGGIE OMELETTE 14.00

Add cheese 1.00 add bacon 2.00 served with toast and fruit

BAGEL AND SMOKED SAMON PLATTER 16.00

Served with capers, onion and tomato choice of plain or everything

BREAKFAST SANDWICH or ALL AMERICAN BREAKFAST 12.00

bacon or ham, egg and cheese on French bread with home fries & fruit

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 \$9

11am-3pm
No Discounts

½ SANDWICH & ONE SIDE

Choice of Turkey, ham, Chicken salad, Egg salad or white tuna salad Served with lettuce, tomato & choice of bread Rye, Multigrain, or white bread **CHOOSE ONE SIDE: House salad, Caesar salad, soup of the day, steak fries, coleslaw, potato salad, fresh fruit or homemade chips**

½ GRILLED CHEESE, BACON, TOMATO & CHOICE OF ONE SIDE

House salad, Caesar salad, soup of the day, steak fries, coleslaw, potato salad, fresh fruit or homemade chips

B.L.T SANDWICH & CHOICE OF ONE SIDE:

House salad, Caesar salad, soup of the day, steak fries, coleslaw, potato salad, fresh fruit or homemade chips

SOUP & SALAD choice of soup of the day & house salad or Caesar salad add grilled chicken 4.00

½ HOUSE SALAD W/GRILLED CHICKEN

½ CAESAR SALAD W/GRILLED CHICKEN

Sandwiches & More

All sandwiches served with choice of steak fries, coleslaw, potato salad, fresh fruit or homemade potato chips substitute for soup, salad, Caesar, Veg of day \$2 Garlic spinach or Sweet potatoes \$3

DELI SANDWICH: CHOICE OF TURKEY, BLACK FOREST HAM

EGG SALAD, DILL CHICKEN SALAD OR WHITE TUNA SALAD 12.00

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

DELI PLATTER 12.00

Scoop of white Tuna salad, Chicken salad, or Egg salad

Over greens, with tomatoes, cucumbers and toasted pita

YOUR WAY STEAK BURGER : 14.00

with Lettuce, tomato, onion, pickle on brioche bun

ADD CHEESE 1.00 ADD BACON 2.00

TUNA MELT 12.00

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, crispy chicken, bacon

Lettuce, tomato, cheddar, drizzled ranch

CHICKEN CAESAR WRAP 16.00

On flour tortilla

Lunch Entrees

ADD SOUP OR SALAD \$2

CARNE ASADA 16.00

Sirloin marinated served With black beans and rice mix, sweet plantains

CHICKEN PARMIGIAN 16.00

Breaded chicken cutlet with marinara, mozzarella served with penne marinara

BROILED HADDOCK 16.00

With lemon butter sauce and veg of day

FRY HADDOCK WITH FRIES AND COLESLAW 16.00

BROILED SALMON with veggies 21.00

EGGPLANT LASAGNA 16.00

Served with penne marinara

SPAGHETTI MEATBALLS 16.00

PENNE ALA VODKA 16.00

Add chicken 4. add shrimp 8.

PENNE PRIMAVERA 16.00

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

Add chicken 4. add shrimp 8.