COUNTRY WINGS
(6 PIECES) $10.95
Hot, Bbq, Sesame teriyaki
With celery and blue cheese $12.45

STEAMED SHRIMP
POT STICKERS $6.95

FISH TACOS $8.95
2 Hard shell tacos filled with crispy fish fillet, jack and cheddar cheese, shredded lettuce, diced tomato and onion

TURKEY TACOS $8.75
2 Soft taco shells filled with seasoned ground turkey, jack and cheddar cheese, shredded lettuce, guacamole, diced tomato and onion

GARDEN SALAD $4.60
Mixed greens with sliced red onion, tomato, shredded carrot, croutons and your choice of dressing

CAESAR SALAD $6.95
Romaine lettuce tossed with traditional Caesar dressing, Parmesan cheese, and croutons
With grilled chicken $7.90

TUNA COBB SALAD $12.25
Albacore tuna mixed with salad greens, sliced red onion, tomato, hardboiled egg, chopped bacon, and feta cheese tossed with mustard vinaigrette

POWER SALAD $6.95
Fresh baby spinach, red and white quinoa, barley, wild rice and wheat berry tossed with grape tomato, diced apple, chick peas, cranraisins and raspberry vinaigrette

SOUP OF THE DAY
Cup $3.95
Bowl $4.95
burgers & sandwich melts

**CHEESE BURGER $4.99**
All beef burger with cheese, lettuce, and tomato on a hamburger bun

**BACON SWISS MUSHROOM BURGER $6.50**
All beef burger with sautéed mushrooms, bacon, and Swiss cheese on a hamburger bun

**BEYOND BURGER $9.35**
Plant based vegan burger with lettuce, tomato, and spicy mayo on a hamburger bun

**POWER BURRITO $6.25**
3 Scrambled eggs, fresh spinach, avocado spread, and cheddar jack cheese in a whole wheat wrap

**CHICKEN TOSCANA HERO $7.95**
Grilled chicken breast, fresh mozzarella, garden basil, sun dried tomato pesto spread, roasted red pepper, slice tomato and lettuce with balsamic glaze

**BEEF & CHEESE CRUNCHWRAP $6.95**
Beef chili, shredded jack & cheddar cheese, diced tomato, onion and sour cream folded with a tostada and flour tortilla then pressed on the grill

**CHICKEN PARM TORTILLA MELT $6.95**
Breaded chicken breast, tomato sauce, mozzarella cheese, and garden basil folded in a flour tortilla then pressed on the grill
Pasta

TIK TOK PASTA $9.95
Roasted grape tomatoes and baked feta cheese tossed with bowtie pasta, a touch of cream and Parmesan cheese

ALFREDO DELIGHT $9.95
Penne pasta tossed with creamy Alfredo sauce, broccoli florets and Parmesan cheese

PENNE A LA VODKA $9.95
Penne pasta tossed with tomato cream sauce and Parmesan cheese

WITH GRILLED CHICKEN $11.95
WITH SHRIMP $13.95
WITH GRILLED CHICKEN AND SHRIMP $15.95

HOMEMADE MACARONI & CHEESE $6.95
Elbow macaroni layered with rich and creamy cheese sauce, baked to a golden brown

Sides

BROCCOLI $3.95
Sauteéd with garlic and oil

YELLOW RICE $2.95

GARLIC PAREMESAN $5.95

OVEN ROASTED CAULIFLOWER $4.95
Sauteéd with garlic, onion, bread crumbs and grated cheese

HOUSE FRIED POTATO CHIPS $4.95

GARLIC MASHED POTATOES $3.95