

apps

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

soups

SOUP OF THE DAY

Cup \$3.95

Bowl \$4.95

salads

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

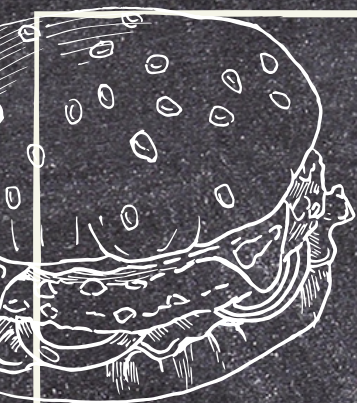
With grilled chicken \$7.90

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



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 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

PENNE A LA VODKA \$9.95

Penne pasta tossed with
tomato cream sauce and
Parmesan cheese

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 PARMESAN SHOESTRING FRIES

\$5.95

ALFREDO DELIGHT

\$9.95

Penne pasta tossed with
creamy Alfredo sauce,
broccoli florets and
Parmesan Cheese

WITH GRILLED CHICKEN \$11.95

WITH SHRIMP \$13.95

WITH GRILLED CHICKEN AND SHRIMP \$15.95



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

