

apps

COUNTRY WINGS
(6 PIECES) \$11.95

Hot, Bbq, Sesame teriyaki
With celery and
blue cheese \$13.45

STEAMED SHRIMP
POT STICKERS \$7.50

FISH TACOS \$9.50
2 Hard shell tacos filled
with crispy fish fillet, jack
and cheddar cheese,
shredded lettuce, diced
tomato and onion

TURKEY TACOS \$9.50
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 \$4.25
Bowl \$5.25

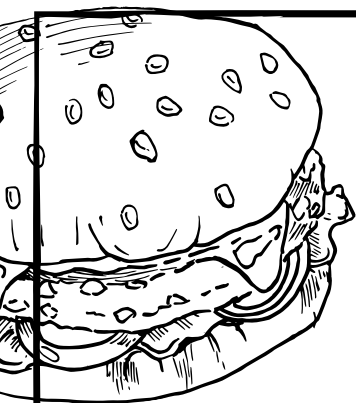
salads

GARDEN SALAD \$5.25
Mixed greens with sliced
red onion, tomato,
shredded carrot, croutons
and your choice of dressing

CAESAR SALAD \$7.50
Romaine lettuce tossed with
traditional Caesar dressing,
Parmesan cheese, and
croutons
With grilled chicken \$9.50

APPLE WALNUT SALAD
\$6.95
Chopped romaine lettuce,
diced apple, red onion,
cranraisins and chunky
blue cheese dressing

POWER SALAD \$7.50
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 \$5.35

All beef burger with cheese, lettuce, and tomato on a hamburger bun

BACON SWISS MUSHROOM BURGER \$6.95

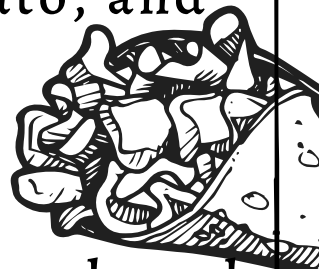
All beef burger with sautéed mushrooms, bacon, and Swiss cheese on a hamburger bun

BEYOND BURGER \$10.25

Plant based vegan burger with lettuce, tomato, and spicy mayo on a hamburger bun

POWER BURRITO \$6.75

3 Scrambled eggs, fresh spinach, avocado spread, and cheddar jack cheese in whole wheat wrap



CHICKEN TOSCANA HERO \$8.50

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 \$7.50

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 \$7.50

Breaded chicken breast, tomato sauce, mozzarella cheese, and garden basil folded in a flour tortilla then pressed on the grill

pasta

TIK TOK PASTA \$10.75

Roasted grape tomatoes and baked feta cheese tossed with bowtie pasta, a touch of cream and Parmesan cheese

PENNE A LA VODKA \$10.75

Penne pasta tossed with tomato cream sauce and Parmesan cheese

HOMEMADE MACARONI & CHEESE \$7.50

Elbow macaroni layered with rich and creamy cheese sauce, baked to a golden brown

sides

BROCCOLI \$4.25

Sauteéd with garlic and oil

YELLOW RICE \$3.25

GARLIC PARMESAN SHOESTRING FRIES

\$6.50

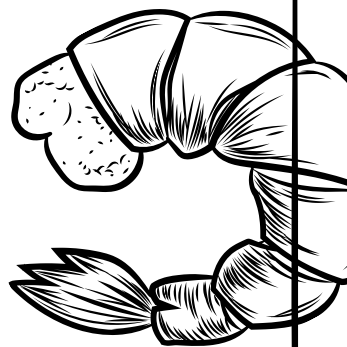
ALFREDO DELIGHT \$10.75

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

WITH GRILLED CHICKEN \$12.75

WITH SHRIMP \$14.95

WITH GRILLED CHICKEN AND SHRIMP \$16.95



OVEN ROASTED CAULIFLOWER \$5.25

Sauteéd with garlic, onion, bread crumbs and grated cheese

HOUSE FRIED POTATO CHIPS \$5.25

GARLIC MASHED POTATOES \$4.25

