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| **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

**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

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| **SOUP OF THE DAY**
Cup $4.25
Bowl $5.25 |
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
HOMEMADE MACARONI & CHEESE $7.50
Elbow macaroni layered with rich and creamy cheese sauce, baked to a golden brown

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

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

BROCCOLI $4.25
Sauteéd with garlic and oil

YELLOW RICE $3.25

GARLIC PAREMESAN SHOESTRING FRIES $6.50

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