**Starters**

**RED PEPPER HUMMUS** $7.95
fire roasted red pepper hummus with house made pita chips, celery & carrot sticks

**LOADED NACHOS** $9.50
grilled chicken with tortilla chips, black beans, pickled jalapeños, black olives, green onion topped with sour cream & salsa

**TOMATO BASIL BRUSCHETTA** $7.95
chopped tomatoes, basil, garlic and balsamic over house made garlic crostini

**LOADED QUESADILLA** $9.25
chicken, black beans, cilantro, fresh avocado served with sour cream & salsa

**CHICKEN WINGS** $9.95
choice of barbecue, teriyaki or spicy buffalo

**Salads**

**CHICKEN CAESAR** $12.95
grilled chicken, crisp romaine hearts, croutons, parmesan cheese, traditional caesar dressing

**APPLE CIDER** $12.95
grilled chicken, chopped romaine, diced apples, candied pecans, sundried cranberries, blue cheese crumbles, apple cider dressing

**TRADITIONAL COBB** $12.95
charbroiled chicken, fresh garden greens, avocado, hardboiled egg, diced tomatoes, red onion, crumbled blue cheese, bacon

**CRISPY CHICKEN** $12.95
green salad, crispy chicken, cucumbers, grape tomatoes, carrots, chipotle ranch

**Flatbreads**

**PESTO** $9.95
grilled flatbread, chicken breast, pesto, melted mozzarella, diced tomato

**BRIE & APPLE** $9.95
crisp apples, caramelized onions, melted brie, honey drizzle

**JERK CHICKEN** $9.95
jerk chicken, caramelized onions, melted mozzarella cheese
### Sandwiches

**includes a choice of fries, side salad, or fresh fruit**  
*substitute side onion rings for $1.00*

#### BBQ SIRLOIN
- charbroiled sliced beef sirloin, topped with onion rings on a french roll  
- **$11.95**

#### CALI CHICKEN
- grilled chicken breast, pesto aioli, avocado & jack cheese on a toasted brioche bun  
- **$9.95**

#### PHILLY THREE WAY
- choice of beef sirloin, grilled chicken or portobello, sautéed onions, bell peppers on a french roll  
- **$10.95**

#### FRENCH DIP
- thinly sliced roast beef with jack cheese on toasted french roll with warm dipping jus  
- **$10.50**

#### CLUB
- ham, turkey, bacon, lettuce, avocado, tomato on choice of bread  
- **$10.50**

#### GRILLED PORTOBELLO
- balsamic marinated portobello, spinach, grilled red onions, melted jack cheese on grilled sourdough  
- **$9.95**

#### BURGER
- charbroiled beef patty, lettuce, tomato, red onion on a toasted brioche bun (add cheese for $1.00)  
- **$9.50**

#### DELI
- choice of ham, turkey or tuna salad on choice of bread  
- **$9.95**

### Wraps & More

**includes a choice of fries, side salad, or fresh fruit**  
*substitute side onion rings for $1.00*

#### SPINACH WRAP
- marinated portobello mushroom, roasted red bell peppers, baby spinach, feta cheese in a grilled spinach tortilla  
- **$10.50**

#### BUFFALO CHICKEN WRAP
- spicy crispy chicken, crisp romaine, diced tomatoes, blue cheese dressing in a garlic herb tortilla  
- **$9.95**

#### CHICKEN TENDERS
- golden brown chicken strips with ranch dressing  
- **$9.25**

#### GRILLED PORTOBELLO
- balsamic marinated portobello, spinach, grilled red onions, melted jack cheese on grilled sourdough  
- **$9.95**

#### BURGER
- charbroiled beef patty, lettuce, tomato, red onion on a toasted brioche bun (add cheese for $1.00)  
- **$9.50**

#### HOT DOG
- quarter-pound all-beef polish  
- quarter-pound all-beef  
- **$6.00**

- polish  
- **$6.50**