

# **LUNCH SPECIALS**

*These Items Available After 12 o'clock*

***Soups of the Day*** (please ask Server) \$6 .50

## ***Vegetable Samosa***

*Crispy Pastry stuffed with Indian spiced Potatoes, Cauliflower, Carrots & Peas served with a Tamarind Chutney \$6*

## ***Shrimp and Spinach Salad***

*Fresh Spinach Leaves tossed in Parmesan Dressing and topped with Sauteed Shrimp and Toasted Almonds \$13*

## ***Tandoori Style Chicken Sandwich***

*Chicken Breast marinated in Yogurt and Indian spices, with sliced Mango, Arugula, marinated Onions and a Yogurt sauce, Choice of Mix Greens or French Fries \$13*

## ***Thai Shrimp Curry***

*Thai Green Curry with Tofu, Eggplant, Chinese Broccoli and Steamed Rice \$13*

## ***Chicken Under Brick***

*Boneless Chicken cooked under brick with Assorted Cherry Tomatoes in a Balsamic Dressing served on Mashed Potatoes \$14*

## ***Braised Beef Short Ribs***

*Slow cooked in Red Wine with Mashed Potatoes, Carrots and Pearl Onions \$14*

## ***Pan-Roasted Sea Bass***

*Served with Grilled Zucchini on a Confit of Tomato, Onion, Lemongrass and Ginger \$16*

*(Bread Basket ~ 2rolls .....\$1.00)*

# LUNCH MENU

## SALADS

<b>WALDORF SALAD</b>	Belgian Endive, Radicchio, Apples, Grapes, Candied Walnuts & Blue Cheese in a Mustard Dressing	10.00
<b>COBB SALAD</b>	Romaine Lettuce, Roasted Chicken, Bacon, Blue Cheese, Avocado, Red Onion, Tomato, in an Herb Dressing	12.50
<b>CHINESE CHICKEN SALAD</b>	Napa Cabbage, Scallions, Peanuts & Won Tons in a Sesame-Soy-Ginger Dressing	12.50

## GRILLED SANDWICHES AND BURGERS

### Choice of Fries or Mix Greens

<b>SEARED YELLOWFIN TUNA</b>	With a Lightly Peppered Crust, Roasted Red Peppers & Aioli	12.50
<b>TURKEY BURGER</b>	With Red Onion, Tomato, Arugula and a Red Chile Aioli	12.50
<b>HAMBURGER</b>	Choice Ground Chuck with a Roasted Tomato & Onion Relish, Served with Fontina and Blue Cheese and Arugula	12.50
<b>VEGGIE BURGER</b>	Patty of Brown Rice, Sunflower seeds, Cashews, Millet, & Tofu on a Toasted Bun with Tomato, Red Onion, Mayonnaise, and Daikon Sprouts	12.50

## HALF DELI SANDWICHES

**Served on 'WHOLE WHEAT' Bread with House Greens and  
With a Choice of 'Soup of the Day' or Side of any 'Deli Salad'**

<b>1/2 TURKEY</b>	Fennel-Basil Slaw, Arugula, Shaved Parmesan Cheese and Oven Dried Tomato Mayo Spread	12.50
<b>1/2 TUNA SALAD</b>	Celery, Red Onions, Tarragon, Fontina Cheese and Light Mayonnaise	12.50
<b>1/2 CAPRESE</b>	Fresh Mozzarella & Basil, Arugula, Marinated Tomatoes, and Homemade Pesto	12.50

(ALL CHANGES WILL BE POLITELY DECLINED)

## OTHER SPECIALTIES

<b>GRILLED FISH TACOS</b>	On Corn Tortillas, w/ Cabbage Slaw, Pico de Gallo, & Spicy Cilantro Salsa	12.50
<b>SALMON FLORENTINE</b>	Salmon, Spinach & Roasted Tomatoes in a Puff Pastry w/ a Dill Hollandaise & Asparagus	12.50
<b>CITRUS POACHED SALMON</b>	With Whole grain Mustard & Rosemary Glaze, Served Chilled, with House Greens	12.50
<b>VEGETARIAN QUICHE</b>	Asparagus, Leeks, Oven-Dried Tomato & Fontina Cheese, with Mix Greens	12.50

**PASTRY BY THE SLICE \$6.00**

WATER ON REQUEST ONLY

# LUNCH MENU

## DELI SALADS

SELECT ANY 3 OF THE FOLLOWING SALADS

12.50

SIDE ORDER OF ANY 1 THE FOLLOWING SALADS

7.00

**CHICKEN SALAD** Grapes, Celery & Toasted Almonds in a Creamy Herb Dressing

**HONEY GLAZED CHARMOULA CHICKEN BREAST** Gently baked in a Moroccan spiced Marinade

**THAI BEEF** Rice Noodles, Bean Sprouts, Scallions & Mint in a Tamarind Sauce

**SHRIMP & MANGO SALAD** Shrimp, Mango, Cucumber, Red Pepper, Mint, Jalapeno, Red Onion & Ginger in a Citrus Marinade

**VIETNAMESE ROLLS** Shrimp, Cucumbers, Sprouts, Vermicelli Noodles and Avocado Wrapped in a Fresh Rice Paper

**FARRO SALAD** Heirloom Grain w/Cherry Tomatoes, Cucumbers, Feta, Red onions, Basil & Rice vinegar

**CUCUMBER SALAD** Cucumbers, Onions, Garbanzos, Feta, Fresh Basil and Olive Oil

**FUSSILI & FRESH MOZZARELLA** Artichokes, Sun-Dried-Tomatoes, Basil with White Balsamic & Olive Oil

**EDAMAME & TOFU** With Quinoa, Black Beans, Blended Wild Rice and Almonds in a Honey-Miso Dressing

**LENTIL SALAD** French & Indian Lentils, Red Onions, Radicchio, Basil & Cilantro with Rice Wine Vinegar

**CITRUS POACHED SALMON** With a whole grain Mustard and Rosemary Glaze (One Per Combo)

**ROASTED BEET SALAD** Red and Yellow Beets with Mint, Roasted Hazelnuts, and a Blood Orange Vinaigrette

**WALDORF SALAD** Belgian Endive, Radicchio, Apples, Grapes, Candied Walnuts & Blue Cheese in a Mustard Dressing

## BEVERAGES

### COFFEE

Cafe Mocha or Espresso

Cafe Latte, Cappuccino 4.00

Hot Chocolate 4.00

Coffee or Decaf 3.00

Iced Coffee 3.00

Chai Latte 3.00

**ICED BLENDED (Large)** 5.00

Mochacino or Vanilla Lattecino

### TEAS

3.00

Eng/B'fast, Earl Grey, Green Tea,

Chamomile, Peppermint, or Orange Spice

**Peet's Tropical Iced Tea**

### BEERS

5.00

Heineken, Pilsner Urquell, Miller Lite,

Corona & Amstel Lite

### MIMOSA

7.00

### WATERS, SODAS & JUICES

3.00

Arrowhead Spring Water

**San-Pellegrino** Sparkling Water

Sprite, Coke, Diet Coke, Orangina

Cranberry Juice or Milk

Fresh Lemonade (Large) 4.00

Arnold Palmer (Large) 4.00

Orange or Grapefruit Juice (Small) 4.00

Orange or Grapefruit Juice (Large) 5.00

### WINE & CHAMPAGNE

[ RED - Merlot or Cabernet ...WHITE - Chardonnay or Pinot Grigio ]

**BY THE GLASS** 7.00

**BY THE BOTTLE** 24.00

WATER ON REQUEST ONLY

**\*\*MINIMUM \$8 PER PERSON\*\***

**20% GRATUITY WILL BE INCLUDED FOR PARTIES OF 6 OR MORE**