

starters & salads

french onion soup

a crock of housemade onion soup topped with croutons, fresh swiss cheese and baked to a golden brown 6.25

thai ahi tuna

[low fat, low cholesterol, carb conscious]
lightly seasoned ahi tuna seared and served rare with a papaya salad and sweet lime chili sauce 11.95

caesar salad

crisp baby romaine lettuce tossed with caesar dressing and fresh parmesan cheese with a boursin crostini 9.95
with grilled chicken 12.95

black and bleu salad

romaine lettuce tossed with caesar dressing, bleu cheese, bacon, egg, tomato and topped with blackened sirloin prepared medium-rare 13.95

soup du jour

fresh housemade soup of the day
cup 3.95 bowl 5.95

asian salmon salad

grilled salmon atop mixed greens, carrots, green onions, celery, cucumbers and fresh cilantro tossed with a sesame seed dressing 14.95

tuna nicoise salad [carb conscious]

lightly seasoned ahi tuna grilled rare and served on mixed greens, tossed with french green beans, kalamata olives, tomato and chopped egg in a mustard vinaigrette 14.95

cobb salad

fresh mixed greens, chicken, avocado, bacon, cheddar cheese, bleu cheese crumbles, egg and tomato tossed with your choice of dressing 12.95

sandwiches

sandwiches include your selection of french fries, housemade old bay chips or a fruit cup

classic reuben

shaved corned beef, swiss cheese, sauerkraut and 1000 island dressing, served on marble rye 12.95

black angus burger®

a juicy angus burger with lettuce, tomato and onion on a square ciabatta roll with your choice of cheese and/or bacon 11.95

honey mustard turkey club

oven gold turkey baked with provolone cheese, maple pepper bacon and honey mustard dressing with lettuce and tomato on challah bread 11.95

italian beef sandwich

thinly sliced, oven roasted beef sandwich with sweet peppers and mozzarella cheese, served on a garlic-buttered hoagie roll 12.95

skirt steak wrap

grilled skirt steak, diced tomatoes, red onions, mixed greens, cheddar cheese and a housemade chipotle ranch sauce rolled in a tomato basil tortilla 10.95

chicago club

ham, oven gold turkey, maple pepper bacon, cheddar cheese, lettuce, tomato and mayonnaise, served on toasted white bread 11.95

buffalo chicken sandwich

hand breaded chicken breast, fried and served with pepperjack cheese, maple pepper bacon and ranch dressing, served on a hoagie roll 12.95

tuna salad sandwich

albacore tuna salad with lettuce and tomato, served on toasted multi-grain bread 10.95

california chicken sandwich

grilled chicken breast on a square ciabatta roll with maple pepper bacon, avocado, lettuce, tomato and mayonnaise 12.95

soup or salad and half sandwich

our half sandwich of the day with a cup of soup or a house salad 6.95

specialties

portobello mushroom


a portobello mushroom marinated in balsamic vinegar and topped with a vegetarian blend of diced tofu, asparagus, green pepper, onion and kalamata olives 17.95

seared grouper [low fat, low cholesterol]

grouper fillet covered with tomato fumet and served with fingerling potatoes and broccoli rabe 22.95

moroccan swordfish [carb conscious, low cholesterol]

grilled swordfish with israeli couscous, topped with lemon vinaigrette and fennel 24.95

 these items have been selected to meet the diverse dietary needs of our guests. Your server will be happy to answer any questions you may have

 we proudly offer Michelob Ultra and Diet Pepsi as low carb beverage alternatives