

Our SuperFoods menu features revitalizing dishes made from powerhouse ingredients rich in nutrients, antioxidants and delicious taste that will help to reenergize your day.

**BEGINNINGS**

**CHICKEN TORTILLA SOUP**  8  
 Sour Cream, Tortilla Strips


**SOUP OF THE MINUTE** 8  
 Crafted Daily


**BUFFALO CHICKEN WINGS** 14  
 Ranch, Classic

**ROASTED RED PEPPER HUMMUS** 14  
 Crudité, Warm Flat Bread

**GARLIC SHRIMP** 14  
 Monte au Beurre

**MARYLAND STYLE CRAB CAKE** 14

**RICK'S SALAD**  16  
 Spinach, Blueberries, Avocado  
 Tomato, Cucumber  
 Candied Walnuts, Basil Vinaigrette

**\*ASIAN CHICKEN SALAD**  18  
 Chicken, Avocado, Mandarin Orange  
 Candied Walnuts, Asian Vinaigrette

**CAESAR SALAD** 13  
 Chopped Romaine, Herbed Croutons  
 Caesar Dressing

**\*Grilled Chicken Add 7 or Shrimp Add 9**

**\*RIB EYE STEAK SALAD** 20

**GREEN**

**TUSCAN FLATBREAD**  17  
 Olive Oil Poached Tomato, Prosciutto  
 Baby Arugula, Fresh Mozzarella

**SMOKED CHICKEN QUESADILLA** 15  
 Tortilla, Just Cheddar, Green Onions  
 Roasted Salsa, Sour Cream

**BARBEQUE SHRIMP TACOS** 17  
 Tortilla, Jalapeno Cilantro Slaw  
 Mango, Pickled Red Onions  
 House Specialty BBQ Sauce- (Contains Bacon)

**\*AHI TUNA NICOISE** 20  
 Kalamata Olives, Fingerling Potatoes  
 Tomato, Haricot Vert, Mignonette Dressing

**\*SEARED SALMON**  24  
 Fingerling Potato  
 Garlic Mustard Sauce

**SUN-DRIED TOMATO PASTA** 18  
 Penne Pasta, Julienne Vegetables  
 Baby Arugula, Sun-Dried Tomato Pesto

**CHICKEN PARMESAN** 22

**BETWEEN THE**

**\*RICK'S BACON CHEDDAR BURGER** 16  
 Certified Angus Beef, Iceberg Lettuce  
 Tomato, French Fries

**\*PORTOBELLO BURGER** 18  
 Certified Angus Beef, Portobello Mushroom  
 Caramelized Onions, Tomato  
 Lettuce, French Fries

**TURKEY BURGER**  16  
 Grilled Red Bell Pepper, Avocado Aioli  
 Iceberg Lettuce, Tomato, French Fries

**\*CRAB CAKE SANDWICH** 19  
 Jumbo Lump Crab Cake, Old Bay® Aioli  
 Tomato, Baby Arugula  
 Horseradish Pickle, French Fries

**GRILLED VEGETABLE SANDWICH** 17  
 Marinated Grilled Seasonal Vegetables  
 Sun-Dried Tomato Pesto, French Fries

**\*AHI TUNA WRAP** 19  
 Whole Wheat Tortilla, Mesclun Greens  
 Asian Vinaigrette, Kettle Chips

**ROAST TURKEY BLT**  16  
 Smoked Bacon, Lettuce, Tomato  
 Lemon Aioli, Sourdough, Kettle Chips

**BUFFALO CHICKEN WRAP** 15  
 Chicken Tenders, Ranch  
 Mozzarella Cheese, Lettuce, Tomato  
 Whole Wheat Tortilla, Kettle Chips

**\*RIB EYE SANDWICH** 21  
 Caramelized Onions, Tomato  
 Herbed Aioli, French Fries

**FAVORITES**

**WARM CRANBERRY BREAD PUDDING** 9  
 Vanilla Bean Ice Cream  
 Dr. Pepper® Bourbon Sauce

**TRIO OF CRÈME BRULEES** 9  
 Dark chocolate, Vanilla, Pistachio  
 Shortbread Cookie Garnish

**MILK CHOCOLATE S'MORES CHEESECAKE** 9  
 Graham Cracker Crust, Burnt Marshmallow  
 Milk Chocolate Garnish

**SEVEN LAYER CARROT CAKE** 9  
 Cream Cheese Icing, Candied Walnuts  
 Crunchy Sweet Carrots

**PASSION FRUIT GATEAU** 9  
 Sponge Cake, Passion Fruit Mousse  
 Coconut Lime Center, Raspberries

**FRESH FRUIT WITH STRAWBERRY SORBET** 9  
 Lemon Cornmeal Cookie

**LUNCH**

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medical conditions.

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