

# MENU

## APPETIZERS

Mozzarella Sticks - Italian breaded mozzarella cheese, fried to a golden brown and served w/ marinara sauce. \$5.49

Quesadillas - Choice of beef or chicken served w/ pico de gallo, sour cream, and guacamole on a bed of lettuce w/ a side of homemade salsa. \$6.99

Nachos - Choice of beef or chicken served w/ pico de gallo, sour cream, guacamole and jalapeños. \$6.99

Crab Cakes - Fresh crab mixed w/ veggies and bread crumbs. Served w/ homemade red pepper sauce. \$6.99

Wings & Boneless Wings - Mild, Hot, BBQ, or Asian. \$6.49

Chips & Salsa \$3.99

Chips & Queso \$5.99

## SALADS

Fried Chicken Salad - Crispy chicken strips atop mixed greens w/ tomatoes, cucumbers, cheddar cheese w/ choice of dressing. \$7.99

Chef Salad - Fresh sliced turkey and ham, cheddar cheese, tomatoes, eggs, cucumbers, and bacon on a bed of mixed greens w/ choice of dressing. \$7.99

Caesar Salad - Romaine lettuce tossed w/ Caesar Dressing, croutons, and parmesan cheese. \$5.99 (w/ chicken \$7.99, w/ shrimp or salmon \$9.99)

Greek Salad - Romaine lettuce, tomatoes, cucumbers, pepperoncini, black olives, and feta cheese w/ red wine vinaigrette. \$6.99

Asian Chicken Salad - Asian seasoned chicken atop mixed greens, w/ mandarin oranges, crispy rice noodles, sliced almonds, tomatoes, matchstick carrots, bean sprouts and sesame ginger dressing. \$8.49

Taco Salad - Romaine lettuce, taco meat, tomatoes, green onions, guacamole, sour cream, homemade salsa and jalapeño ranch dressing drizzle in a taco shell bowl. \$8.49

House Salad - Mixed greens, tomatoes, cucumbers, croutons w/ choice of dressing. \$2.99

House Caesar - Romaine lettuce tossed w/ Caesar Dressing, croutons, and parmesan cheese. \$2.99

Dressing Choices - Ranch, Jalapeño Ranch, Italian, Raspberry Vinaigrette, Caesar, Honey Mustard, Low-fat Balsamic Vinaigrette and Oil & Vinegar

## SANDWICHES

Club Sandwich - Toasted bread w/ fresh sliced premium turkey, bacon, Swiss cheese, tomato, lettuce and mayo. \$8.49

BLT - Toasted bread w/ bacon, lettuce, tomato and mayo. \$6.99

Grilled Chicken Sandwich - Grilled chicken breast on a sweet sourdough bun w/ Swiss cheese, lettuce, tomato and mayo. \$7.99

California Chicken Sandwich - Grilled chicken breast on a sweet sourdough bun w/ Swiss cheese, avocado, lettuce, tomato and honey mustard dressing. \$8.49

Queso Chicken Sandwich - Grilled chicken topped w/ queso and pico de gallo served on a sweet sourdough bun. \$8.49

BBQ Chicken Sandwich - Grilled chicken breast topped w/ bacon, cheddar, lettuce, tomato and BBQ sauce on a sweet sourdough bun. \$8.49

Philly Cheesesteak - Grilled sliced ribeye w/ sautéed onions, peppers and mushrooms on a hoagie roll w/ melted provolone. \$8.49

Spinach Wrap - Spinach tortilla wrapped around grilled chicken or a black bean patty, lettuce, tomato and avocado. Served w/ a fruit cup. \$7.99

## BURGERS

Build Your Own - Start w/ a half-pound all beef patty grilled to medium well or a black bean patty and choose your cheese and toppings. Includes lettuce, tomato, pickle and onion. All burgers come with fries. \$7.99

Cheese - American, Cheddar, Swiss, Provolone  
Jalapeños, grilled onions, grilled mushrooms \$0.69

Bacon, fresh avocado, guacamole \$1.29

Substitute sweet potato fries, onion rings, house salad or a fruit cup for \$1.29

## BEVERAGES

Iced Tea, Soft Drinks, Powerade, Juice, Milk - \$1.99  
Bottle Water - \$0.99

Wine - \$3.99  
Margarita - \$4.99

Draft Beer (Domestic) - \$2.99, \$7.99/Pitcher  
Draft Beer (Import) - \$3.99, \$9.99/Pitcher

## ENTREES

Fettuccine w/ choice of Alfredo or Marinara - Served w/ side of garlic bread. w/ chicken - \$8.99 (w/ shrimp or salmon, \$9.99)

Broiled Salmon - Atlantic salmon grilled and served w/ wild rice and the vegetable of the day. \$10.99

Fish Tacos - Fresh flour tortillas filled w/ grilled white fish, jicama slaw and chipotle cream sauce. \$8.99

Lemon Pepper or Blackened Chicken - Served w/ wild rice and the vegetable of the day. \$7.99

Monterey Chicken - Grilled chicken breast topped w/ BBQ sauce, bacon and cheddar. Served w/ mash potatoes and the vegetable of the day. \$8.49

Swiss Beef - Burger patty topped w/ sautéed mushrooms, onions and melted Swiss cheese. Served w/ mash potatoes and the vegetable of the day. \$8.49

## PIZZA

9" Cheese Pizza w/ choice of one topping \$6.49

(w/ two toppings is \$6.99, w/ three toppings is \$7.49, with four or more toppings is \$7.99)

Toppings: pepperoni, beef, Italian sausage, bacon, ham, mushrooms, black olives, green peppers, onions, jalapeños.

## HEALTHY CHOICES

Fresh Fruit & Cottage Cheese - Melon, pineapple, strawberries and grapes. Served w/ side of low-fat cottage cheese. Calories - 240, Carbs - 26g, Fat - 3g, Protein - 29g. \$4.99

Salmon Croquettes - Salmon mixed w/ ginger and spinach, cooked to a golden brown and served on a bed of wilted greens. Calories - 350, Carbs - 20g, Fat - 16g, Protein - 33g. \$7.49

Fitness Plate - Grilled chicken breast served w/ steamed vegetables and a fruit cup. Calories - 410, Carbs - 37g, Fat - 11g, Protein - 41. \$8.49

Grilled Thai Beef Salad - Marinated beef tenderloin served on a bed of salad greens w/ cilantro and basil. Calories - 320, Carbs - 12g, Fat - 17g, Protein - 27g. \$8.49

Sizzling Salmon Salad w/ Raspberry Vinaigrette - Broiled Norwegian salmon served atop mixed greens w/ toasted almonds and homemade raspberry vinaigrette. Calories - 452, Carbs - 11g, Fat - 29g, Protein - 37g. \$9.99

Chicken Lettuce Wraps - Asian seasoned chicken breast served in crisp bib lettuce leaves w/ bean sprouts, carrots and crispy rice sticks. Calories - 292, Carbs - 7g, Fat - 12g, Protein - 39g. \$7.99

Mediterranean Tuna Salad - Seasoned w/ parsley, lemon juice and olives. Served on a bed of mixed greens. Calories - 245, Carbs - 9g, Fat - 14g, Protein - 23g. \$6.49

Black Bean & Tomato Quinoa Salad - Quinoa is a protein packed, gluten-free whole grain that is paired w/ lime infused black beans and tomatoes. Garnished w/ avocado wedges. Calories - 272, Carbs - 41g, Fat - 8g, Protein - 11g. \$6.49

## SIDES

Homemade Mac & Cheese - \$1.49

Homemade Cheddar Mash Potatoes - \$1.49

Wild Rice - \$1.49

Vegetable of the Day - \$1.49

Cup of Fruit - \$1.99

Side of Cottage Cheese - \$1.49

Soup of the Day - \$1.99 Cup, \$2.99 Bowl