

STARTERS

Shrimp Cocktail | 9.50

Ten cooked shrimp, cocktail sauce & lemon

Chicken Wings | 8.00

Six wings, plain or hand breaded and fried, choice of dipping sauce: Ranch, blue cheese, bbq, hot sauce, white gravy, or honey mustard

Fried Green Beans | 7.00

Breaded & fried green beans with chipotle ranch

Crab Cakes | 7.00

Three 2oz crab cakes, served with homemade remoulade

Chicken & Vegetable Quesadilla | 8.00

Chicken, cheddar & jack cheese, sauteed tomatoes, red onions, zucchini & squash. **Substitute Shrimp +\$2.00**

Pepperoni Calzone | 8.50

House made calzone filled with herbed mozzarella cheese & pepperoni, served with marinara

SALADS

Salad Bar Small | 6.50 Large | 8.50

A one-time trip to the salad bar with either a small or large plate

Club Salad (GF) | 7.00

Salad mix, tomato, cheddar, hard boiled egg, bacon, served with chipotle ranch dressing

Caesar Salad (VG) | 6.50

Chopped romaine, parmesan cheese, croutons, garlic Caesar dressing

Caprese Salad (GF) | 7.00

Chopped romaine, fresh mozzarella, grape tomatoes, red onion & basil-balsamic vinaigrette dressing

*Add two grilled or fried chicken tenderloins or herb roasted tofu to any salad | **3.00**

*Add 6oz Grilled Salmon or 4oz blackened shrimp to any salad | **6.00**

*Vegetable Plate also available (your choice of 4 sides or 2 sides and small salad bar) | **9.00**

SANDWICHES

Includes choice of two sides (daily vegetable choices, baked regular or sweet potato, fries, sweet potato fries, brown rice, onion rings, mashed potatoes, chips, tots, fruit cup, croissant, soup of the day) OR a one-time trip to the salad bar (8oz) with a small plate. Make it an all-inclusive meal; includes salad, sandwich, two sides and dessert **(+6.00)**

Build Your Own Burger | 9.00

1/3-pound beef, turkey, or impossible burger topped with your choice of cheese and condiments, white or wheat bun, served with lettuce, tomato, onion, pickles
 Add bacon **(+2.00)** **Gluten Free bun available upon request**

Build Your Own Chicken Sandwich | 9.00

Grilled or fried chicken breast tenderloins topped with your choice of cheese and condiments, white or wheat bun, served with lettuce, tomato, onion, pickles
 Add bacon **(+2.00)** **Gluten Free bun available upon request**

Build Your Own Deli Sandwich | 9.00

Choose up to 3 meats (6oz total) of ham, turkey, roast beef, salami, pepperoni, bacon, or Canadian bacon; Add additional meat **(+2.00)**

Your choice of American, Swiss, provolone, cheddar, pepper jack, mozzarella, or blue cheese;

Your choice of lettuce, tomato, red onion, or pickles; mayo, avocado aioli, mustard, or creole mustard;

Your choice of white, wheat, sourdough, rye, gluten free, or croissant toasted or untoasted.

½ Sandwich & Bowl of Soup | 8.00

ENTREES

Includes dinner roll & choice of two sides (daily vegetable choices, baked regular or sweet potato, fries, sweet potato fries, brown rice, onion rings, mashed potatoes, chips, tots, fruit cup, croissant, soup) OR a one-time trip to the salad bar (8oz) with a small plate. Make it an all-inclusive meal; includes salad, entree, two sides and dessert **(+6.00)**

Grilled Filet of Beef (GF) | 17.00

6oz tenderloin filet grilled to order, served with house-made steak butter

Pork Chop | 10.00

Tender, marinated Pork Chop available grilled or breaded & fried, served with white gravy

Chicken Tenderloin Dinner | 10.00

Three chicken tenderloins grilled or breaded & fried to golden brown with your choice of dipping sauce
Two grilled or fried chicken tenderloins a la carte | 5.00

Daily & Weekly Specials | Priced Daily

Ask your server about our daily and weekly rotating specials of your home-style favorite dishes available on menu service days Monday - Friday

Pacific Salmon (GF) | 13.00

6oz salmon fillet grilled, poached, pan seared, or baked served with lemon, and house-made tarter sauce

Salmon a la carte | 10.00

Fried Catfish | 10.00

Hand breaded in cornmeal and fried until golden crispy served with lemon and house-made tarter sauce

Mediterranean Brown Rice Bowl | 12.00

Chicken or Herb Roasted Tofu, brown rice, spinach, artichokes, banana peppers, red bell pepper, olives, feta, lemon vinaigrette. **Substitute Salmon, or shrimp +\$3.00**

Quinoa Brown Rice Bowl (VG) | 11.00

Quinoa & brown rice topped with sauteed tomatoes, red onion, zucchini & yellow squash, topped with creamy cashew cheese. **Add tofu or chicken +\$3, Salmon or shrimp +\$6.00**

DESSERTS

Daily Special | 3.00

Ask for today's features

Cookies | 2.00

Ask for today's cookies
 GF option available

Soda Float | 3.50

Hand dipped ice cream topped with choice of soda

Ice Cream | 3.50

Sugar free available
 2 - 3oz scoops per serving
 Add a scoop for \$1.00

BEVERAGES

Coffee, Tea, & Milk available upon request. Coke, Diet Coke, Dr. Pepper, Sprite, Root Beer, Lemonade, V8 available for \$1.50. Orange, Cranberry, Peach, & Apple juice available for \$2.00

*Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, milk, poultry or shellfish reduces the risk of food borne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked. Additional nutrition information available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary. Please alert your server to any dietary needs. Menu subject to change based on availability. **Cooking times will vary depending on cooking method and desired temperature.**

(V) Vegan **(VG)** Vegetarian **(GF)** Prepared without Gluten