

Burgers

Served on a wholewheat bun
with lettuce, tomato, purple onion, dill pickle
Choice of plain or chipotle mayonnaise
Regular or Dijon mustard

Grilled Tuna Steak - 8.99

Local Grassfed Beef - 7.99

Bison Burger - 6.99

Vegetarian Garden Burger - 5.99

Grilled Chicken Fajita Burger - 5.99

Add Cheese, Pimento Cheese, Avocado, Guacamole,
Sautéed Mushrooms & Onions .99 each item
substitute Ciabatta for burger bun .79

Salads

Greek Salad - Greens, purple onion, cucumber &
kalamata olives tossed with Greek dressing & feta
cheese 6.99

Caesar Salad - Lettuce & wholewheat croutons
tossed with our homemade Caesar dressing. 6.99

Taco Salad - Mixed greens topped with blue corn
chips, monterrey jack cheese, diced tomatoes, purple
onion, jalapeno & topped with tofu picante sauce 6.99

Garden Salad - Romaine lettuce, purple onion,
tomato, cucumber & sliced avocado with your choice of
homemade dressing 7.99

Mediterranean Sampler - Sampling of
another part of the world. Our homemade tabouli,
hummus & Greek salad with rice stuffed grape leaves
and a slice of foccacia 7.99

Side Salad - with your choice of our homemade
salad dressing 3.59

Tuna Salad - Your choice of our classic tuna salad or
tuna with apples and pecans, served over a bed of
greens. 6.99

Chicken Salad - Our famous chicken salad served
over a bed of greens 6.99

Add to any salad--			
Grilled chicken fajitas	2.99	Grilled tofu	2.99
Grilled shrimp	4.99	Grilled tuna	5.99
Fresh Atlantic Salmon	6.99	Wild salmon	9.99
Fresh Rainbow trout	6.99		

Sandwiches

Grilled Chicken Breast - Avocado, grilled
onion & mushrooms and Monterey Jack cheese served
on ciabatta 8.99

Greek Wrap - Our Greek salad with chicken or
baked tofu, cucumbers, crumbled feta cheese &
kalamata olives, wrapped in a spinach tortilla. 7.99

Cranberry Walnut Chicken Salad -
White meat roasted chicken mixed with dried
cranberries, walnuts, celery and mayonnaise, served
on wholewheat bread with lettuce. 7.49

Chicken Salad - White meat chicken mixed with
celery, green onions & mayonnaise, served on
wholewheat bread with lettuce. 5.99

Pimento Cheese - Monterey Jack cheese, freshly
roasted pimento peppers, green onion & mayonnaise.
The world's best pimento cheese! 4.99

Apple Pecan Tuna - Dolphin safe tuna mixed
with fresh chopped apples, pecans & mayonnaise.
Served on wholewheat bread with lettuce. 4.99

Classic Tuna - Line caught tuna mixed with celery,
purple onion & mayonnaise. Served on wholewheat
bread with lettuce. 4.99

Grilled Portabella - Portabella mushroom strips
grilled & served on ciabatta bread with fresh basil
pesto, lettuce & monterrey jack cheese 6.99

**Salmon & Avocado - Fresh salmon grilled
served avocado, lettuce and chipotle mayonnaise on
ciabatta 9.99**

Shrimp, Avocado & Cheese - Grilled
shrimp & melted monterrey jack cheese with avocado,
sautéed onions, mushrooms & chipotle mayonnaise on
ciabatta 10.99

**Tabouli & Avocado - Our flavorful tabouli salad
with melted monterrey jack cheese & sliced avocado,
served on wholewheat bread. 6.99**

With any sandwich or burger
~~Giant baked potato chips (2) .99~~
~~Blue corn chips .99~~
~~Bag of chips 1.39~~
~~Cup of Soup 1.59~~
~~Small Salad 2.59~~