

LUNCH

SOUPS

- Soups of the day* cup 1.95
fresh made daily bowl 2.95
quarts to go 4.25

FROM THE GARDEN

- Tossed*sm 2.50
 Mixed greens, tomato, cucumber, carrot lg 3.75
 cabbage, onion

- Garden Salad*sm 3.95
 Toss salad with olive, mushroom, peppers croutonlg5.50

- Fruit & Cottage Cheese*5.95
 Fresh sliced fruit, cottage cheese on mixed greens

- Pepper Pot Chef Salad*7.25
 Roasted turkey, grilled beef, ham, egg, tomato, olive,
 pepper, carrot, cabbage, crouton, cheese, greens

- Classic Caesar*sm 3.75
 Romaine, croutons, parmesan, our Caesar lg 5.95
 dressing

- Grilled Chicken Caesar*.....sm 6.50
 Grilled chicken breast, romaine, croutons, lg 8.70
 parmesan, our Caesar dressing

- Cajun Spinach Caesar*7.25
 Spinach, egg, mushrooms, tomato, croutons and Cajun
 chicken tossed with Caesar and parmesan

- Spinach Salad*4.95
 Fresh leaf spinach, mushroom, egg, bacon, crouton

- House Salad*.....7.25
 Tomato, carrot, cabbage, mushroom, olive, pepper, feta,
 apples, nuts on a bed of mixed greens

- Cajun Salad*6.95
 Grilled Cajun chicken, tomato, carrots, cabbage, olives,
 peppers, scallions and shredded cheese on greens

- Spinach Roma*5.75
 Spinach, roasted pepper, tomato, olive, onion, parmesan

- Add grilled or Cajun chicken to any salad*
2.75

*Dressings: Reg: Balsamic Italian, Honey Dijon
 Parmesan Peppercorn*

*Low-Fat: Raspberry Vinaigrette, Tomato Basil
 Oil & Vinegar*

Available To Go by the Quart.....32oz.....8.25

Our own Caesar by the Quart..... 9.50

**All of our salads are made with the freshest
 ingredients served with fresh Italian bread
 and butter**

Our dressings are made from scratch

11-2

OFF THE CHAR-GRILL

Hamburger or Turkey Burgers

½ lb. prepared one of the following ways

- Plain*.....lettuce,tomato4.25

- American*lettuce,tomato,cheese4.75

- Bacon Cheddar*.....5.75
 Bacon,lettuce,tomato,cheddar

- Sicilian*.....5.95
 Sautéed cherry peppers, onion, mushroom, provolone,
 lettuce, tomato

- Bostonian*.....4.75
 Fresh spinach, tomato, feta

- Virginia*.....5.95
 Roasted pepper, sautéed onion, mushroom, fresh
 spinach, tomato

Chicken Breast or Veggie Burgers

Prepared one of the following ways

- Plain*.....lettuce,tomato4.50

- American*lettuce,tomato,cheese4.95

- Cajun*4.95
 Cajun spiced, green pepper, tomato,lettuce

- Bostonian*.....4.95
 Fresh spinach, tomato, feta

- Bolton*4.95
 Roasted peppers, pesto, provolone

- Arizona*5.95
 Lettuce, tomato, bacon, hot peppers, cheese

- Cordon Bleu*
 5.95

Lettuce, tomato, grilled ham, swiss cheese dijon mayo

OTHER HOT SANDWICHES

- Grilled Italian Sausage*4.95
 Sausage burger with grilled roasted peppers, onion,
 provolone

- Philly Steak*.....4.95
 Grilled shaved steak, mushroom, onion, swiss cheese

- Hot Veggie*4.75
 Grilled spinach, mushroom, onion, roasted peppers,
 tomato, broccoli, olives, provolone

- BLT*.....4.25
 Crispy bacon, lettuce, tomato, mayo on toast

- Grilled Cheese* 2.95

- w/ tomato* 3.50

- w/ tuna or ham* 4.75

TORTILLA SANDWICH ROLLS

Roasted Turkey	5.75
Our own roasted turkey breast, green peppers, tomato, spinach, mayo rolled in a wheat tortilla	
Mediterranean Chicken	6.75
Grilled chicken, feta, cucumber, olive tomato, lettuce, onion rolled in a spinach tortilla	
Southwestern Roll	5.95
Chicken, cheddar, tomato, green peppers, salsa, romaine in a southwestern tortilla	
Salad Roll	5.50
Lettuce, tomato, carrot, olive, mushroom, pepper, onion, cucumber, cheddar in a sun-dried tomato tortilla	
Cajun Chicken	6.25
Cajun chicken, green pepper, olive, tomato, scallion, lettuce in a jalapeno tortilla	
Hot Veggie	5.75
Spinach, tomato, onion, roasted pepper, broccoli, onion, mushrooms, olives, provolone in a wheat tortilla	
Chicken Caesar	5.95
Grilled chicken, romaine, tomato and our own Caesar in a garlic tortilla	
Ham Club	5.95
Imported ham, bacon, lettuce, tomato, mayo in a spinach tortilla	

TRIPLE DECKER CLUBS

Choose one of the following	7.25
Cheeseburger, Chicken breast, Egg	
Salad, Tuna, Turkey, Ham	
All served with lettuce, tomato, bacon, mayo and fries	

COLD SANDWICHES

Fresh Roasted Turkey Breast	4.50
Roast Beef	4.50
Tuna Salad	4.95
Ham	4.75
Egg Salad	2.95
Fresh Snow Crab Salad	6.50
All above come with lettuce, tomato, pickle	
Extras: onion, peppers, cucumber, olives, cheeses	
Each item.....	0.75

All Hot & Cold Sandwiches served on White, Wheat, Multi-grain, Rye, Italian or hard roll

PASTAS

served with a tossed salad

Chicken Florentine	6.95
Grilled chicken spinach & tomato saute'ed in a garlic wine sauce over fettuccine	
Primavera	6.95
Spinach, onion, mushroom, pepper, tomato, carrots & broccoli in a vegetable sauce with fettuccini	
Chicken Pesto	7.95
Chicken, artichoke hearts, roasted pepper, tomato, pesto and parmesan cheese over fettuccini	
Fettuccine Alfredo	6.75
Fettuccini tossed in a creamy parmesan cheese sauce	
Crab Alfredo	7.95
Fresh snow crab and fettuccini with Alfredo sauce	
Chicken & Broccoli Alfredo	7.95
Chicken & broccoli and fettuccini with Alfredo sauce	

SIDES

Fries	2.50
Onion Rings	2.75
Potato Chips	1.00
Deli Salads	sm. 1.95
.....	lg. 3.50

BEVERAGES

Soda	sm 1.25....med1.50.....lg1.75
Coke, Diet Coke, Orange, Sprite, Root Beer, Lemonade	
Fresh Made Iced Tea or Coffee	1.50
Juices	sm1.50.....med1.95.....lg2.25
O.J., Apple, Cranberry, Grapefruit, V8	
Milk	sm. 1.25....med1.75.....lg1.95
Chocolate Milk ..	sm. 1.50....med1.95..... lg2.25
Coffee or Tea	1.25
EXTRA TEA BAG	0.40

Full Menu Take-out Available for
Pick-up or delivery
(some restrictions apply)