

Specials:

Mac and Cheese Bites | \$5.75

Cheesy Chicken Wing Nachos | \$10.25

WRAP OF THE DAY:

TERIYAKI CHICKEN WRAP | \$10.95

Grilled chicken with fresh spinach and melted cheese basted in teriyaki sauce and wrapped in a flour tortilla.

FLATBREAD OF THE DAY:

CHICKEN CAESAR FLATBREAD | \$10.95

Grilled flatbread with seasoned grilled chicken and melted cheese topped with our chilled caesar salad

SANDWICHES:

AVOCADO AND TOMATO GRILLED CHEESE | \$10.95

Grilled white Italian bread with melted mozzarella cheese, fresh avocado and fresh tomato.

TEX MEX BURGER | \$10.95

Homemade burger cooked to your liking with grilled jalapenos and melted pepperjack cheese, lettuce, and tomato.

CALIFORNIA AVOCADO BURGER | \$10.95

Char-grilled burger with melted cheddar cheese, fresh sliced avocado, field greens, tomato, and cajun mayo.

GRILLED MAHI MAHI | \$11.25

Seasoned grilled Mahi Mahi on a toasted focaccia roll with mixed field greens and mango salsa.

TURKEY CIABATTA SANDWICH □ | \$10.95

House roasted sliced turkey breast on a bed of spring mix with fresh avocado, tomato and pesto mayo served on a grilled multigrain ciabatta roll.

EGGPLANT PARM SANDWICH | \$10.95

Breaded eggplant and ricotta cheese topped with marinara sauce and melted mozzarella cheese on a toasted herb focaccia roll.

APPLE GOBBLER SANDWICH | \$10.95

Roasted turkey, cheddar cheese, and fresh apple slices on a toasted focaccia roll with field greens and a tangy apple mayo.

CHICKEN BASIL CIABATTA | \$10.95

Sliced, grilled chicken breast, tomatoes, and fresh basil topped with melted mozzarella cheese on a grilled multi-grain ciabatta roll.

BALSAMIC CHICKEN CIABATTA | \$10.95

Grilled chicken glazed with a balsamic fig marinade on a grilled ciabatta roll with field greens and fresh tomato.

CHICKEN PESTO WRAP | \$10.95

Flour tortilla wrap filled with fresh field greens, marinated chicken, roasted red peppers and pesto mayo

SALADS:

SIRLOIN SALAD | \$12.75

Mixed field greens, roasted red peppers, and crumbled bleu cheese topped with grilled filet tips and balsamic vinaigrette.

BUFFALO CHICKEN SALAD | \$11.75

Fresh romaine tossed with bleu cheese wing-style dressing and topped with fried chicken strips, cucumbers, tomatoes, and crumbled bleu cheese.

GRILLED SHRIMP CAESAR SALAD | \$12.75

This time we are topping our famous Caesar salad with marinated grilled shrimp.

APPLE WALNUT SALAD | \$11.75

Fresh field greens topped with sliced apples, walnuts, raisins, tomatoes, and cucumbers served with an apple cider vinaigrette.

SEARED TUNA SALAD | \$12.75

Seared Ahi tuna served over field greens with fresh veggies and a cucumber wasabi dressing.

GREEK GYRO SALAD | \$11.75

Romaine lettuce topped with traditional grilled gyro meat, cucumbers, tomatoes, scallions, and real tzaziki dressing.

CAJUN SALMON CAESAR | \$12.75

Our famous caesar salad topped with fresh cajun spiced blackened salmon.

BALSAMIC FIG CHICKEN SALAD | \$11.75

Marinated grilled chicken served over field greens with tomatoes, cucumbers, roasted red peppers, and feta cheese with a balsamic fig dressing.

COBB SALAD | \$11.75

Crisp iceberg lettuce topped with chopped turkey, bacon, egg, cheese, and tomatoes with fresh avocado.

DINNERS:

BLACKENED MAHI MAHI | \$22.95

Blackened Mahi Mahi topped with mango salsa, served with rice and fresh grilled vegetables.

CAJUN SALMON OVER LINGUINI | \$20.95

Blackened salmon over linguini tossed in a cajun cream sauce.

PULLED PORK POTATO BAKE | \$12.95

Our famous pulled pork on top of garlic mashed potatoes with extra BBQ sauce and melted cheese baked golden brown.

GRILLED BALSAMIC FIG CHICKEN | \$19.95

Sliced marinated chicken glazed in a balsamic fig reduction served over rice with grilled vegetables.

CARIBBEAN HADDOCK | \$20.95

Fresh broiled haddock topped with a medley of grilled veggies in a spicy Caribbean sauce.

HOPS STYLE SHEPARD'S STEAK | \$17.95

Grilled chopped steak topped with peas, mashed potatoes, melted cheese, and a rich brown gravy.

PESTO SHRIMP AND LIGUINI | \$20.95

Gulf shrimp tossed in a creamy pesto sauce served over a bed of linguini.

GRILLED FLAT IRON STEAK | \$20.95

Tender flat iron grilled and topped with garlic mushrooms, served over seasoned rice with grilled veggies.

FISHERMAN'S BASKET | \$12.95

A basket of fries topped with lightly breaded flounder, shrimp, and scallops served with coleslaw tartar and cocktail sauce.