

LUNCH

Lunch Menu available Monday to Friday 11:30 – 2:30

CAESAR PASTA

Penne noodles, crisp romaine, bacon, croutons and fresh grated parmesan cheese tossed in our house Caesar dressing. \$6.75

GREEK PASTA

Penne noodles, romaine leaves, diced roma tomatoes, red onion, cucumbers with feta cheese in a Greek vinaigrette. \$6.75

SPINACH & GOATS CHEESE

Baby spinach, fresh strawberries, toasted walnuts, goat's cheese with our Vanilla strawberry vinaigrette. \$7.50

CAESAR

Romaine lettuce, bacon bits, home style croutons tossed with our house made garlic Caesar dressing.

Sm \$4.85 Lg \$6.85

MIXED GREENS

Mixed baby Greens with julienne peppers, red onion and carrots with a Citrus honey Dijon vinaigrette.

Sm \$4.85 Lg \$6.85

ADD

Grilled Chicken \$3.50 or Garlic Shrimp \$5.50

Soup of the Day \$3.00 or Ciabatta Bread \$1.75

Traditional or Roasted Garlic Brushetta \$3.00

THAI CHICKEN SALAD ♦

Crisp romaine leaves, marinated rice noodles, fresh julienne vegetables and tender chicken topped with our house Thai vinaigrette and crushed peanuts.

\$12.95

GRILLED SALMON SALAD

Fresh Fillet of grilled Atlantic salmon over mixed greens, julienne vegetables and vanilla strawberry vinaigrette, finished with a sweet balsamic reduction.

\$13.50

SPICY THAI NOODLE BOWL ♦

Chicken and shrimp, sautéed with julienne vegetables and mushrooms in a spicy Thai sauce with linguine in a vegetable broth. \$10.95

SCALLOP & CRAB STUFFED SOLE

Fillet of sole stuffed with scallop and crabmeat baked and served over fettuccini Alfredo. With Caesar or mixed greens or soup and ciabatta bread. \$11.95

♦ Available with a non-wheat pasta

Below items served with house Caesar or Mixed Greens Salad or Soup of the Day and Ciabatta Bread.

GRILLED SIRLOIN STEAK SANDWICH

AAA tender grilled sirloin steak, sautéed peppers, onions, mushrooms on a grilled ciabatta bun with a tangy garlic aioli. \$12.95

MEDITERRANEAN CHICKEN WRAP

Tender roasted chicken, red onion, kalamata olives, roma tomatoes, feta cheese, romaine and our signature pesto. Served lightly grilled. \$11.95

TRADITIONAL LASAGNA

Ground beef, layered with mozzarella and ricotta cheeses baked with tomato sauce. \$10.65

CHICKEN MANICOTTI

Stuffed with tender chicken, roma tomatoes, fresh herbs and two cheeses baked with roasted garlic cream sauce and mozzarella. \$10.95

TORTELLINI WITH ROASTED GARLIC

Sautéed broccoli, red onions, roma tomato with cheese tortellini in roasted garlic cream sauce. \$10.65

JUMBO CHEESE RAVIOLI

Cheese filled ravioli with sautéed mushrooms and onion in fresh herb rosé sauce. \$10.65

PESTO CHICKEN LINGUINE ♦

Tender chicken breast, garlic, toasted pine nuts in a sun dried tomato basil pesto cream sauce. \$11.95

PRIMAVERA LINGUINE ♦

Sautéed broccoli, cauliflower, carrots, peppers, red onion and diced fresh tomatoes tossed with white wine herb garlic butter. \$10.65

ALFREDO FETTUCCINI ♦

Fettuccini noodles tossed with our house made Alfredo sauce with grated Parmesan. \$10.65

THAI CHICKEN ♦

Chicken, mushrooms, red onion, bok choy and peppers tossed in our special spicy Thai peanut sauce with penne. \$11.95

MEDITERRANEAN CHICKEN ♦

Chicken, red onion, diced roma tomatoes, peppers, kalamata olives and garlic tossed with olive oil and penne in our signature pesto. \$11.95