

Autumn LUNCH SPECIALS

Soup/Chowders/ Chili (ALL are Gluten Free)

Ask About our SOUP OF THE DAY

Tuscan Minestrone (vegan) / Chicken Vegetable / Corn Chowder
Bacon Corn Chowder / Black Bean & Beef Chili / Tomato Basil

Now Serving ... HOT MEALS of the DAY

WED - FRI Only* - 10:30am-2:30pm - Available *Dine-In / TOGO

Roast Beef & Cheddar Melt

Thinly Sliced Roast Beef w/ Cheddar Cheese, Creamy Horseradish Sauce & Arugula
on Grilled Sourdough Bread. Served w/ Onion Rings 17.

Eggplant Veggie Patty Wrap House Made Eggplant, Roasted Red Pepper,
Green Pepper & Onion Patty, Lettuce, Chipotle Mayo & Fresh Sliced Avocado.
Served w/ 1 Side Choice 15.99

Roast Beef & Arugula Salad

Thinly Sliced Roast Beef, Topped with Grape Tomatoes & Shaved Parmesan Cheese.
Served w/ Choice of Dressing & Side of Red Onions 17.

Crispy Salmon Cake Patty House Made, Gluten Free Salmon Cake.
Served over Fresh Spinach w/ Grape Tomatoes & Avocado Slices
Or on a Grilled Bulky Roll w/ Lettuce & Avocado Slices.
Served w/ 1 Side Choice & Tartar Sauce or Chipotle Mayo 20.

Crispy Crab Cake Appetizer

Served over Mixed Greens w/ Tartar Sauce (1) 10. (2) 18.

Creamy Shrimp Caesar Salad

House Made Shrimp Salad w/ Celery, Roasted Red Peppers & Mayo
Served over Caesar Salad w/ Shaved Parmesan Cheese 20.

Bowl of Chili w/ Grilled Corn Muffin 11.99

House Made Beef & Black Bean Chili...not too spicy!
Add Side of Sour Cream, Salsa & Chopped Red Onion 3.

FREE 6 Mini Muffins & SAVE \$2.00

w/ Purchase of 2 Quarts of Soup, Chowder or Chili TOGO!

ALL GLUTEN FREE!

