

SOUP

Soup Of The Day	4.50 / 6.50
Baked Onion	6.95
Chowder	5.50 / 7.50
Vegan Chili	5.50 / 7.50

FINGER FOODS

Shrimp Cocktail (5)	16.95
Fried Calamari served w/Marinara sauce	11.95
Homemade Stuffed Quahogs	8.95
10 Jumbo Chicken Wings with choice of sauce	15.95
Chicken Tenders (5)	11.95
Basket of Fries	5.50
Onion Rings Fresh cut and hand breaded	7.95
Fried Mozzarella (5 large)	8.95
Jalapeno Poppers (8)	9.95
Vegan Spring Rolls (8)	9.95
Fried Pickles	8.95
Potato Skins (cheese/bacon)	9.95
Ciabatta Toast w/Hummus	8.95
Baked Buffalo Cauliflower—whole head cauliflower with Buffalo Sauce	9.95
Sweet and Spicy Bacon—6 thick cut slices with Bleu cheese dipping sauce	9.95

DIPPING SAUCES

BBQ~~~NASHVILLE HOT
SWEET & SOUR~~~TERIYAKI~~~JALAMANGO
BUFFALO~~~BOOM BOOM~~~
SWEET RED CHILI
GARLIC PARMESAN ~~CUSABI ~~RANCH
JAMAICAN JERK

SALADS

Large Tossed Salad	9.95
Caesar Salad	10.95
Greek Salad <i>Peppers, tomatoes, onions, cucumbers, tossed in homemade Greek dressing over bed of greens topped with Feta and Kalamata olives</i>	11.95
Caprese Salad—salad greens, sliced tomatoes, pesto, fresh Mozzarella, balsamic drizzle	9.95
Stuffed Tomato <i>Stuffed with chicken, tuna or egg salad</i>	11.95
Par Salad—Large tossed salad topped with coleslaw, pasta and 1 protein	14.95
Cobb Salad —salad greens, eggs, avo- cado, tomato, chicken, onion, bacon, blue cheese	14.95
Chef's Salad—salad greens, tomatoes, cucumbers, boiled egg, ham, turkey, Cheddar and Swiss cheese	15.95

SALAD ADD ONS

Chicken	4.00	Steak Tips	6.00	Shrimp	7.00
Salmon	8.00				

WRAPS

Veggie – lettuce, tomato, peppers, onions, mushrooms	9.95
Buffalo Chicken-lettuce, tomato, Bleu Cheese dressing, buffalo tossed tenders	12.95
Chicken Teriyaki-lettuce, tomato, teriyaki tossed tenders	12.95
BBQ Chicken—coleslaw, BBQ tossed chicken tenders	12.95
Chicken Caesar-romaine lettuce tossed with Caesar dressing, sliced grilled chicken breast	12.95
Fajita Wrap —lettuce, tomato, cheese, onions, peppers, salsa, sliced Fajita steak	12.95

QUESADILLAS

Served with lettuce, tomato, salsa,
and sour cream

Cheese	8.50
Add Bacon 2.00 Chicken 3.00 Shrimp 7.00	
Rio Grande Quesadilla <i>Cheese, Chicken, Refried Beans, Guacamole, Lettuce and Tomato</i>	11.95

SANDWEDGES — All Served with One Side

BLT	9.95
Deli Sandwiches	10.95
<i>Roast Beef, Turkey, Ham, Pastrami, Chicken Salad, Tuna Salad, Egg Salad Kaiser roll, wrap or sub roll</i>	
Grilled Cheese	7.95
Caprese Grilled Cheese	9.95
<i>Fresh mozzarella, sliced tomato and pesto</i>	
Seggy Dog	9.95
Seggy Burger	13.95
Chicken Sandwich (Broiled or Fried)	13.95
Pastrami or Turkey Rueben	11.95
Smokey Mountain—Turkey, BBQ	10.95
<i>sauce, bacon, cheddar cheese</i>	
Beef Mushroom Melt— Roast Beef	10.95
<i>sauteed mushrooms, Swiss cheese</i>	
Steak & Cheese	12.95
Chicken Parm Sub	12.95
Veal Parm Sub	14.95
Meatball Sub	12.95
Fish Sandwich	12.95
Scallop Roll	15.95

*CHEESES

American~~~Swiss~~~Provolone~~~Cheddar

*CUSTOMIZE YOUR SANDWICH

Bacon~~Jalapenos~~Banana Peppers
Sauteed Onions~~~

Sauteed Mushrooms~~~Sauteed Peppers

SIDES

Fries~~~Pasta Salad~~~Coleslaw
Chips ~~~Onion Rings*

**denotes additional charge*

LUNCH PLATES

Fish and Chips —French Fes and coleslaw	14.95
Chicken Parm w/Pasta	15.95
Veal Parm W/Pasta	15.95
12 Ounce Chopped Sirloin w/potato and vegetable	12.95
Baked Haddock— w/potato and vegetable	13.95
Baked Salmon—w/potato and vegetable	13.95
Steak Tips—w/potato and vegetable	14.95
<i>Served with onions, peppers and mushrooms</i>	
Broiled Chicken Breast w/potato and vegetable	12.95
Mac 'N Cheese	8.95
Buffalo Chicken Mac 'N Cheese	10.95
Pasta and Meatballs	10.95

VEGAN CHOICES

Zoodles w/Pasta Sauce	10.95
Vegetable Paella—assorted vegetables tossed with house pilaf	10.95
Vegan Tacos	10.95
<i>Lettuce & tomato topped with grilled eggplant, mushrooms, onions and peppers and topped with salsa and cilantro</i>	
Bean and Vegetable Burrito	11.95
<i>Mixed beans, corn, onions, peppers and sweet potato. Grilled with cilantro and spices</i>	
Italian Stuffed Peppers	11.95
<i>Fresh bell peppers stuffed with an Italian seasoned blend of rice, lentils and fresh vegetables</i>	
Vegan Empanadas	9.95
<i>A spicy vegetable blend wrapped in dough and deep fried. Served with vegan tzatziki sauce</i>	

*These items are cooked to order and may be
served raw or undercooked. Consuming raw or
undercooked meats, poultry, seafood, shellfish or
eggs may increase the risk of foodborne illness*