

# LUNCH MENU

## STARTERS

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FRIED GREEN TOMATOES **V** 3

*hand-breaded, deep-fried, green tomatoes, remoulade sauce*

EGG ROLLS 4

*two fried pork egg rolls,  
choice of sweet and sour or teriyaki sauce*

SHRIMP COCKTAIL 9

*five jumbo shrimp, house-made cocktail sauce*

DINNER ROLLS

*available upon request*

## ENTREES

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SOUTHERN COBB SALAD NEW **V** **GF** 5

*romaine, iceberg, egg, bacon, grape tomatoes, marinated beets, cheddar cheese, ranch dressing*

ACORN SQUASH SALAD **V** **GF** **♥** 6

*acorn squash, mixed greens, cranberries, pumpkin seeds, goat cheese, sherry vinaigrette*

STRAWBERRY FIELDS **V** **GF** **♥** 6

*candied pecans, blueberries, raspberries, strawberries, feta cheese, mixed greens, raspberry vinaigrette*

BLT **V** **GF** 5

*bacon, lettuce, tomato, toasted whole wheat*

BREAKFAST SANDWICH NEW **V** **GF** 5

*toasted croissant, scrambled eggs, American cheese, choice of bacon or ham*

TACOS NEW **V** **GF** 5

*two flour tortillas, cheddar cheese, black bean and corn relish, salsa, sour cream, guacamole, choice of protein*

PO' BOY NEW 8

*choice of roast beef or shrimp, lettuce, tomato, on hoagie roll*

REUBEN 7

*turkey or corned beef, thousand island dressing, Swiss cheese, rye bread*

CLASSIC CLUB **GF** 8

*turkey, ham, bacon, lettuce, tomato, cheddar, mayonnaise, toasted sourdough*

TURKEY CRANBERRY WRAP NEW 7

*turkey, cranberries, mayonnaise, pecans, lettuce wrapped in a whole wheat tortilla*

FAJITA BOWL NEW **V** **GF** 6

*rice, lettuce, peppers, onions, sour cream, pico de gallo, and salsa*

### AVAILABLE TO ADD TO ANY ENTREE

*fried chicken*

3

*shrimp*

6

*prime tenderloin*

*grilled chicken*

3

*salmon*

8

9

## ALWAYS AVAILABLE

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CHICKEN, TUNA, OR EGG SALAD **V** **GF** **♥** 3  
*scoop or sandwich on bread of choice*

PIMENTO CHEESE **V** **GF** **♥** 3  
*scoop or sandwich on bread of choice*

JUMBO SHRIMP **GF** **♥** 9  
*five jumbo shrimp served grilled or fried*

HOT DOG 4  
*1/4 lb. all beef hot dog*

BUILD YOUR OWN SALAD **V** **GF** **♥** 7  
*choice of: iceberg, romaine, mixed greens*  
*choice of: bacon, eggs, chicken, ham, turkey*  
*choice of: avocado, croutons, cucumbers, red onions, tomatoes, feta, parmesan, dried cherries, blue cheese, candied pecans*

BUILD YOUR OWN SANDWICH **V** **GF** 7  
*choice of: white, wheat, rye, sourdough, or gluten-free*  
*choice of: ham, turkey, salami, corned beef, bacon*  
*choice of: American, provolone, swiss, or cheddar*  
*choice of: lettuce, tomato, onion*

CHEESEBURGER **V** **GF** 8  
*juicy, all-beef burger served with lettuce, tomato, and onion on a brioche bun*  
*choice of: American, Swiss, cheddar, smoked gouda*  
*\*Beyond Burger or Gardenburger available*

INDIVIDUAL PIZZA **V** **GF** 6  
*choice of toppings: pepperoni, sausage, chicken, ham, tomato, basil, spinach, onions, feta, mozzarella, or cheddar*

QUESADILLA 8/11  
*grilled peppers and onions, cheddar cheese, toasted tortilla, salsa, guacamole, sour cream, chicken or shrimp*

CHICKEN TENDERS <sup>NEW</sup> **V** 5  
*3 deep fried tenders with choice of dipping sauce*

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## SIDES

FRIES **V** **GF** 1  
*regular or sweet potato*

ONION RINGS **V** 1.5

BISTRO CHIPS **V** **GF** 1

COTTAGE CHEESE **V** **GF** 1

HOUSE ROASTED BEETS **V** **GF** 2

BROCCOLI **V** **GF** 2

CARROTS **V** **GF** <sup>NEW</sup> 1

SIDE CAESAR **GF** 2

SIDE CHOPPED SALAD **V** **GF** **♥** 2

WALDORF SALAD **V** <sup>NEW</sup> 2

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## DESSERTS

ICE CREAM **V** **GF** 3  
*mint chocolate chip, vanilla, chocolate, strawberry, moosetracks, SF vanilla*

FRESH FRUIT CUP **V** **GF** **♥** 2.5  
*cantaloupe, grapes, honeydew, pineapple*

MIXED BERRIES **V** **GF** 3  
*blueberries, raspberries, strawberries*

SEE SERVER FOR DISPLAY CASE OPTIONS

**GF** item can be made gluten-free  
**V** item can be made vegetarian  
**♥** well-life approved

# DINNER MENU

## STARTERS

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PEAR AND BLUE CHEESE CROSTINI <sup>NEW</sup> **V** **♥** 3  
*drizzled with honey*

FRIED GREEN TOMATOES **V** 3  
*hand-breaded, deep-fried, green tomatoes, remoulade sauce*

EGG ROLLS 4  
*two fried pork egg rolls, choice of sweet and sour or teriyaki sauce*

SHRIMP COCKTAIL **GF** **♥** 9  
*five jumbo shrimp and house-made cocktail sauce*

CRABCAKES 12  
*two fried panko-crusted crabcakes, remoulade*

DINNER ROLLS **V**  
*available upon request*

## ENTREES

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CAESAR SALAD **V** **GF** 5  
*romaine, parmesan cheese, croutons, Caesar dressng*

SHAVED BRUSSEL SALAD <sup>NEW</sup> **V** **♥** 5  
*shaved Brussel sprouts, pecans, dried cranberries, shaved parmesan, citrus vinaigrette*

SOUTHERN COBB SALAD <sup>NEW</sup> **V** **GF** 5  
*romaine, iceberg, egg, bacon, grape tomatoes, marinated beets, cheddar cheese, ranch dressing*

INDIVIDUAL LASAGNA **V** **GF** **♥** 7  
*lasagna noodles, beef tomato sauce, ricotta, mozzarella cheese*

FRIED COD <sup>NEW</sup> 8  
*accompanied by tartar sauce*

PORK SCHNITZEL <sup>NEW</sup> 11  
*crunchy breadcrumbs, thinly pounded pork cutlets, lemon caper sauce*

GRILLED SALMON <sup>NEW</sup> **GF** **♥** 14  
*grilled 8 oz. salmon fillet, choice of hoisin or bourbon glaze*

CHICKEN MARSALA <sup>NEW</sup> **GF** **♥** 10  
*pan-fried chicken cutlets, sautéed mushrooms, marsala sauce*

PRIME FILET **GF** 19  
*USDA prime 6 oz. filet topped with demi glace*

### AVAILABLE TO ADD TO ANY ENTREE

*fried chicken*

3

*grilled chicken*

3

*shrimp*

6

*salmon*

8

*prime tenderloin*

9

## ALWAYS AVAILABLE

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CHICKEN, TUNA, OR EGG SALAD **V** **GF** ♥ 3  
scoop or sandwich on bread of choice

PIMENTO CHEESE **V** **GF** ♥ 3  
scoop or sandwich on bread of choice

JUMBO SHRIMP **GF** ♥ 9  
five jumbo shrimp served grilled or fried

HOT DOG 4  
1/4 lb. all beef hot dog

BUILD YOUR OWN SALAD **V** **GF** ♥ 7  
choice of: iceberg, romaine, mixed greens  
choice of: bacon, eggs, chicken, ham, turkey  
choice of: avocado, croutons, cucumbers, red onions, tomatoes, feta, parmesan, dried cherries,  
blue cheese, candied pecans

BUILD YOUR OWN SANDWICH **V** **GF** 7  
choice of: white, wheat, rye, sourdough, or gluten-free  
choice of: ham, turkey, salami, corned beef, bacon  
choice of: American, provolone, swiss, or cheddar  
choice of: lettuce, tomato, onion

CHEESEBURGER **V** **GF** 8  
juicy, all-beef burger served with lettuce, tomato, and onion on a brioche bun  
choice of: American, Swiss, cheddar, smoked gouda  
\*Beyond Burger or Gardenburger available

INDIVIDUAL PIZZA **V** **GF** 6  
choice of toppings: pepperoni, sausage, chicken, ham, tomato, basil, spinach, onions, feta, mozzarella, or  
cheddar

QUESADILLA 8/11  
grilled peppers and onions, cheddar cheese, toasted tortilla, salsa, guacamole, sour cream, chicken or  
shrimp

CHICKEN TENDERS <sup>NEW</sup> 5  
3 deep fried tenders with choice of dipping sauce

## SIDES

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FRIES **V** **GF** 1  
regular or sweet potato

ONION RINGS **V** 1.5

BAKED POTATO **V** **GF** 1  
regular or sweet

BROCCOLI **V** **GF** 2

SAUTÉED SPINACH **V** **GF** 2

CARROTS **V** ♥ <sup>NEW</sup> 1

HOUSE ROASTED BEETS **V** ♥ <sup>NEW</sup> 2

STEAMED GREEN BEANS **V** ♥ <sup>NEW</sup> 1

STEAMED CAULIFLOWER **V** ♥ <sup>NEW</sup> 1

SIDE CHOPPED 2

SIDE CAESAR 2

## DESSERTS

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ICE CREAM **V** **GF** 3  
mint chocolate chip, vanilla, chocolate,  
strawberry, moosetracks, SF vanilla

FRESH FRUIT CUP **V** **GF** ♥ 2.5  
cantaloupe, grapes, honeydew, pineapple

MIXED BERRIES **V** **GF** 3  
blueberries, raspberries, strawberries

SEE SERVER FOR DISPLAY CASE OPTIONS

**GF** item can be made gluten-free  
**V** item can be made vegetarian  
♥ well-life approved