

# lunch menu

## SOUPS & SALADS

### Soup of the Day \$5.25

Made fresh daily

### Tossed Greens Salad \$6.25

Crisp mixed greens, tossed and topped with tomatoes, cucumbers, croutons, red onions and parmesan cheese.

cal 137 | fat 4g | chol 2mg | carbs 27g

### Cobb Salad \$10.75

Crisp mixed greens topped with diced turkey, ham, bacon, tomato, boiled eggs and crumbled blue cheese.

cal 407 | fat 25.5g | chol 77mg | carbs 20.25g

### Southwestern Chicken Salad \$13.25

Crisp greens tossed with black beans, corn, diced tomato, diced cucumber, green onion, cilantro and chipotle ranch dressing. Then topped with a broiled achiote chicken breast and crispy corn tortilla strips.

cal 346 | fat 4.45g | chol 120mg | carbs 36g

### Caesar Salad Combinations \$7.95

Crisp romaine lettuce, tossed with croutons, parmesan and our own Caesar salad dressing.

**ADD SOUP OF THE DAY \$3.75**

**ADD CHICKEN \$4.95**

**ADD BROILED SALMON \$6.75**

**ADD FLANK STEAK \$6.95**

**ADD BROILED PRAWNS \$2.50 (each)**

|            |         |           |            |           |
|------------|---------|-----------|------------|-----------|
| Plain      | cal 210 | fat 14.5g | chol 12mg  | carbs 11g |
| w/Chicken  | cal 410 | fat 17.5g | chol 72mg  | carbs 11g |
| w/Salmon   | cal 570 | fat 36.5g | chol 102mg | carbs 13g |
| w/Steak    | cal 990 | fat 51g   | chol 209mg | carbs 11g |
| w/Ea.Prawn | cal 6   | fat 1g    | chol 9mg   | carbs 1g  |

### Oriental Chicken Salad \$11.25

Marinated double breast of chicken served on a bed of shredded lettuce with cilantro, green onions, rice stick noodles, peanuts and our own dressing. Garnished with jicama, carrots, tomatoes and cucumber.

cal 670 | fat 22g | chol 60mg | carbs 81g

### Cajun Spinach Salad \$11.95

Spinach leaves, grilled cajun chicken breast, red and green peppers, red onions, pecans, bacon and gorgonzola cheese. Tossed together with fat-free raspberry vinaigrette, topped with shredded parmesan cheese.

cal 654 | fat 42g | chol 110mg | carbs 21.5g

## SANDWICHES All Sandwiches Served with Your Choice of Fruit Cup or French Fries

### Classic Club \$9.95

Tender slices of turkey breast, lettuce, tomato, bacon, avocado, and Swiss cheese on a toasted triple-decker.

cal 627 | fat 28g | chol 90mg | carbs 92g

### Tuna Melt \$8.50

Tuna salad grilled with cheddar cheese, sandwiched between wheat bread.

cal 550 | fat 30g | chol 74mg | carbs 37g

### Cajun Chicken Sandwich \$11.25

Chicken breast coated in cajun spice then sauteed and topped with swiss cheese on a bun with lettuce and tomato and mayonnaise.

cal 641 | fat 23.9g | chol 35mg | carbs 48g

### Bacon Cheeseburger \$9.95

Fresh ground beef, broiled to perfection and topped with cheddar cheese and smoked bacon on a bun with lettuce, tomato and onion.

cal 938 | fat 54g | chol 202mg | carbs 58g

### Portobello Mushroom Burger \$8.50

Portobello mushroom served on a wheat bun with tomato, roasted red pepper, lettuce, red onion and pepper jack cheese.

cal 395 | fat 11g | chol 25mg | carbs 67g

### Vegetarian Black Bean Burger \$9.95

Patty made with black beans, rolled oats, panko bread crumbs, red and green peppers, cilantro, parsley and a dash of hot sauce on a whole wheat bun with lettuce, tomatoes, and red onions.

cal 351 | fat 6.4g | chol 0mg | carbs 60g

### Turkey Burger \$8.95

Burger made from ground turkey, grilled, and served on a whole wheat bun. Garnished with lettuce, tomato and red onion.

cal 561 | fat 17g | chol 130mg | carbs 54g

### Steak Sandwich \$12.95

Angus tri-tip steak sandwich broiled to perfection on cheese foccacia, topped with caramelized onions and tomatoes.

cal 689 | fat 29g | chol 182mg | carbs 41g

### B.L.T.A. \$9.75

Smoked bacon, lettuce, tomato and avocado on your choice of toast with mayonnaise.

cal 500 | fat 26.1g | chol 23mg | carbs 91g



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## MAIN COURSES

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### Chicken Quesadilla \$9.95

Chicken, onions and peppers sautéed then layered between two large flour tortillas with cheese. Served with sour cream, guacamole and salsa fresca.

cal 885 | fat 35g | chol 131mg | carbs 71g

### Chicken Teriyaki \$11.75

Marinated double breast of chicken broiled to perfection and topped with green onions, mushrooms and teriyaki sauce. Served with steamed rice and vegetables.

cal 581 | fat 3.4g | chol 60mg | carbs 36g

### All American Breakfast \$11.25

Three eggs any style with a choice of ham, bacon or sausage. Served with O'Brian potatoes and a choice of toast.

Ham cal 247 | fat 14.4g | chol 433mg | carbs 18.5g  
Bacon cal 555 | fat 22.9g | chol 447mg | carbs 18.5g  
Sausage cal 254 | fat 14.4g | chol 340mg | carbs 1g

### Vegetarian Stir Fry \$8.95

Fresh seasonal vegetables sautéed with indian curry or mild szchuan sauce with grilled tofu and steamed rice.

cal 455 | fat 1.71g | chol 0mg | carbs 79.5g

**ADD CHICKEN \$4.00**  
**ADD FLANK STEAK \$6.75**  
**ADD SHRIMP \$2.75ea**

### Cajun Seafood Pasta \$11.50

Bay shrimp, scallops, broccoli florets sautéed with linguine and mild cajun cream sauce. Topped with shredded parmesan cheese and diced tomatoes.

cal 969 | fat 49g | chol 280mg | carbs 94g

### Vegetarian Quesadilla \$9.75

An array of broiled vegetables layered between two flour tortillas with melted cheese. Served with salsa fresca, sour cream and guacamole.

cal 632 | fat 27g | chol 53mg | carbs 88g

### Vegetarian Omellete \$12.25

Three egg omellete with fresh garden vegetables, spinach and mushrooms. Add cheese, bacon or ham @ \$.50 extra each item. Served with O'Brian potatoes and a choice of toast.

cal 352 | fat 20g | chol 630mg | carbs 81g

### Pasta Con Pollo \$11.75

Penne pasta sauteed with chicken breast, mushrooms, sundried tomatoes and creamy pesto sauce. topped with diced tomatoes and parmesan cheese.

cal 488 | fat 15.4g | chol 30mg | carbs 7.4g

### Broiled Salmon \$14.25

6-oz. Filet of salmon, broiled and served on a bed of broiled vegetables and baby bok choy, topped with steamed spinach and feta cheese. Served with cucumber dill sauce.

cal 476 | fat 30g | chol 110mg | carbs 48g

### Mushroom Chicken \$12.25

Chicken breast sauteed with herbs then topped with assorted mushrooms, demi-glaze and a touch of cream. Served with wild rice blend and vegetables.

cal 559 | fat 18.9g | chol 50mg | carbs 61g

### Flank Steak \$14.75

Flank steak broiled to perfection then topped with chopped bacon, onions, mushrooms and blue cheese crumbles. Served with vegetables and sauteed garlic red potatoes.

cal 1337 | fat 53g | chol 245mg | carbs 29g

### Hawaiian Fish & Chips \$13.95

Mahi mahi coated with panko bread crumbs and coconut then deep fried until golden brown. Served with Polynesian tartar sauce, cocktail sauce and French fries.

cal 286 | fat 3.6g | chol 80 mg | carbs 60g

## DESSERTS

Ice Cream..... \$3.75  
Hot Apple Pie ..... \$4.75  
...a la Mode ..... \$5.75  
Ice Cream Sundae..... \$4.75  
Featured Cakes..... \$6.75  
Chef's Specialty Cheesecake..... \$6.95

## DRINKS

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Coffee..... \$3.00  
Milk..... \$2.75  
Hot Tea..... \$3.00  
Iced Tea..... \$2.75  
Sparkling Water..... \$2.75  
Spring Water..... \$2.75  
Soda ..... \$2.75

Beer and Wine available upon request

