

- SHARABLES -

Spinach & Artichoke Dip \$7
with Grilled Pita Bread
(Tortilla chips for GF)

Blacken Sea Scallop \$15
served on a bed of apple
pineapple Pico di Galo (GF)

Calamari Fries \$12
Served with tomato coulis

Asian Five Spice Rub Ahi Tuna \$15
Served with sweet chili ginger soy

Roasted Red Pepper Hummus \$10
Served with grilled pita bread, celery,
& carrot sticks

Sweet Potato Blue Cheese Fries \$9
with pure maple drizzle & green onions

Soup Du Jour
Cup \$5 | Bowl \$8

Smoked Chicken Wings
6 for \$10 | 8 for \$13 | 12 for \$20
Sauces- Buffalo mild or hot, Garlic Parmesan, Asian Zing, BBQ,
or Southwest Dry rub

- SALADS -

Dressings- Green Goddess, Apple Cider Vinaigrette, Ranch, Blue Cheese,
Caesar, Parmesan Peppercorn or Balsamic Vinaigrette

Fried Goat Cheese Salad
large \$10/side \$6
Mixed greens, panko fried goat cheese,
candied walnuts &
diced granny smith apples

Classic Caesar
Large \$8/side \$5
Romaine hearts, asiago parmesan cheese,
garlic croutons, Caesar dressing

Kale & Quinoa Salad
Large \$9/Side \$6
Chopped kale, red quinoa, diced green apples,
toasted almonds, dried figs &
Feta cheese

House Salad
Large \$8/Side \$5
Mixed greens, grape tomatoes, cucumbers,
red onions, shredded carrots &
Cheddar cheese

Fall Cobb
large \$12/side \$7
romaine iceberg mix, cranberries, chopped bacon, roasted pecan, blue cheese crumble,
diced tomatoes, avocado & a hard boil egg

- SIDES -

\$5 Sides- French Fries, Sweet Potato Fries, Onion Rings, House Chips,
Parmesan Risotto or Mashed Potatoes

\$6 Sides - Caramelized Brussels Sprouts with soy glaze drizzle, Baked Mac & Cheese,
Steamed Broccoli or Grilled Asparagus

- SANDWICHES & WRAPS -

your choice of one side

All American Burger \$13

8oz Short rib chuck blend, white American cheese, leaf lettuce, tomato, red onion, dill pickle & mayo

Bistro Turkey Sandwich \$14

Deli turkey, cranberry sauce, melted brie, & arugula on wheat bread

BBQ Chicken Wrap \$12

*Crispy fried chicken, cheddar, red onion, leaf lettuce, tomato, Sweet Baby Rays BBQ sauce wrapped in a flour tortilla
GF available upon request*

The LaCroix Club \$13

Honey roasted turkey, Smithfield ham, smoked bacon, cheddar cheese, crisp lettuce, tomato & mayo on wheat bread

Wine Country Burger \$16

8oz short rib chuck blend, roasted red peppers, Goat cheese & balsamic mixed greens on a brioche bun

Fish of the Day Sandwich \$14

Old Bay remoulade, leaf lettuce, tomato on a brioche bun. Your choice of blacken or grilled

Chicken Caesar Wrap \$13

*Grilled breast of chicken, romaine lettuce, parmesan cheese, Caesar dressing wrapped in a flour tortilla
GF available upon request*

Sarah's Chicken Salad \$12

Pecan & Cranberry Chicken Salad, Lettuce & Tomato on Wheat Bread

- ENTREES -

Served after 5pm

12 oz New York Strip Steak \$31

*Served with Chimichurri & your choice of two sides
Add Shrimp \$10 | Scallop \$15*

Chicken Florentine \$16

Sauteed Breast of Chicken topped with spinach, diced tomato, finish with a parmesan cream sauce & your choice of two sides

Pan seared Salmon \$25

Served with a tomato coulis & pineapple pico de galo with your choice of two sides

Pork Chop au Poivre \$25

Grilled center cut chop with cognac peppercorn sauce & your choice of two sides

Grilled Flat Iron Steak \$23

Served with caramelized onion & herb butter & your choice of two sides

Pasta Carbonara \$15

Fava beans, diced peppers, pancetta ham, & garlic parmesan cream sauce

Add chicken \$7 | Shrimp \$10 | Scallop \$15

Herb Roasted Cornish Hen \$17

Served with sauteed spinach & a pan dripping sauce & your choice of two sides

Herb Marinated Lamb Chops \$35

with demi glaze and mint jelly & your choice of two sides

- PIZZA -

Cheese | \$12 Medium | \$14 Large

Pepperoni | \$14 Medium | \$17 Large

Meat Lovers | \$14 Medium | \$18 Large
Pepperoni, Sausage, Ham, Bacon
& Ground Beef

Veggie Deluxe | \$12 Medium | \$16 Large
Mushrooms, Peppers, Onions, Tomato &
Black Olives

BBQ Chicken | \$14 Medium | \$18 Large
BBQ Chicken, Red Onions, BBQ Sauce &
Mozzarella

-POWER BOWLS & LOW CARB-

Southwest Chicken Bowl \$15 GF

your choice of red quinoa or brown rice
topped with marinated grilled chicken breast,
black beans, roasted corn, avocado, chickpeas
and baby spinach with a
sweet chili & lime dressing.
550 cal/630 with dressing

Yellowfin Tuna Bowl \$14 GF

Your choice of red quinoa or brown rice
topped with seared yellowfin tuna, edamame
beans, shredded carrot, chickpeas, cucumber
and cilantro with Wasabi Vinaigrette.
360 cal/480 with dressing

Roasted Vegetable Bowl \$14 GF

Your choice of red quinoa or brown rice
topped with roasted cauliflower, fire-roasted
red pepper, avocado, chickpeas, cucumber
and grape tomatoes with roasted garlic &
tahini dressing
350 cal/470 with dressing

Bruschetta Grilled Chicken \$16

Two grilled chicken breasts topped with fresh
mozzarella and freshly made tomato
bruschetta with your choice of side
600 cal | 15 carbs | 89g protein