STARTERS

BASKET OF FRIES (15 OZ)
Traditional Fries or Fried Zucchini Sticks with Chipotle Aioli. Serves four. $3.19 / 1350 cal

CORN TORTILLA CHIPS AND SALSA
$3.99 / 146 cal.

MEDITERRANEAN PLATTER

‘DEIS DIP
Homemade Spinach and Artichoke Dip OR Buffalo Chicken Dip served with Corn Tortilla Chips $6.99 / 517 cal.

MOZZARELLA STICKS
Served with Marinara Sauce $6.99 / 452 cal.

HOUSE MADE PARMESAN TRUFFLE CHIPS
$6.19 / 225 cal.

LOADED NACHOS
Tortilla Chips Covered in Melted Chihuahua Cheese, Olives, Tomatoes, & Fresh Cilantro with Sour Cream and Salsa $6.99 / 368 cal.

CHICKEN TENDERS
Plain, BBQ or Buffalo Served with Carrot Sticks $8.29 / 430 cal.

WINGS
Your choice of BBQ, Buffalo or Garlic Parmesan Sauce Served with Carrot Sticks $10.29 / 572 cal.

SALADS

CAESAR SALAD
Crisp Romaine lettuce and Garlic Croutons tossed in Creamy Caesar dressing with shaved Parmesan Cheese $6.69 / 460 cal. Proteins included in meal exchange.

HARVEST SALAD

ASIAN QUINOA SALAD
Quinoa and Baby Kale Tossed with Shredded Red Cabbage, Carrots, Green Onions and Sesame Seeds, Served with House-Made Asian Honey Vinaigrette $6.29 / 320 cal.

Add Crabless Crab Cake (100 cal.) or Grilled Chicken (120 cal.) or Salmon (160 cal.) or Steak Tips for $3.59

PIZZA

CHEESE $11.49 / 260 cal. / slice

ADD TOPPINGS
Mushrooms, Onions, Bell Pepper, Black Olives, Broccoli, Buffalo Chicken, Beef Pepperoni, Tomatoes, and/or Fresh Basil $0.80 each / 5 cal.— 30 cal.

Individual Cauliflower Crust Pizza Available Upon Request

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

Before placing your order, please inform your server if anyone in your party has a food allergy.
**BURGERS, WRAPS & SANDWICHES**
(Served with one side)

**ANGUS BURGER**
Served on a toasted Brioche Bun with Lettuce, Tomato and Onion $8.49 | 430 cal.

**THE IMPOSSIBLE BURGER**
Plant-Based Vegan Burger served on a toasted Brioche Bun with Lettuce, Tomato and Onion $12.49 | 450 cal.

**CHICKEN CAESAR WRAP**
Crisp Romaine Lettuce, Crispy Chicken, and Caesar Dressing in a Flour Tortilla $8.69 | 370 cal.

**GRILLED CHEESE BAGEL**
Fresh Bagel Grilled with American and Munster cheese. Served with Tomato Basil Bisque $8.49 | 380 cal.

**MEATBALL SLIDER**
Fresh Meatballs topped with Mozzarella Cheese and served with Pommes Frites $8.99 | 470 cal.

**GRILLED CHICKEN SANDWICH**
Served on a Toasted Bulkie Roll with Lettuce, Tomato and Onion $8.99 | 260 cal.

**ADD CHEESE**
Swiss, Cheddar, American, or Munster $0.80 each | 30 cal.–110 cal.

**ENTREES**
(Served with two sides)

**CRABLESS CRAB CAKES**
Twin Cakes made with Hearts of Palm with Spicy Remoulade $10.99 | 265 cal.

**1/2 BRICK OVEN CHICKEN**
Slow Roasted with Fresh Herbs $11.99 | 450 cal.

**STEAK TIPS**

**SEAFOOD**
(Served with two sides)

**GRILLED SALMON**
Grilled Salmon with Dill Butter Sauce $13.99 | 430 cal.

**BEER BATTERED FISH AND CHIPS**
Local Atlantic Cod served with Tartar Sauce $13.99 | 580 cal.

**PASTA**

**PUB MAC & CHEESE**
Radiatore Pasta with a rich Three Cheese Sauce. Topped with Herbed Ritz Crackers and baked. $8.59 | 610 cal.

**WILD MUSHROOM RAVIOLI**
Mushroom Ravioli sautéed with Wild Mushrooms and Tomatoes in a Lemon Beurre Blanc. $9.29 | 850 cal.

Gluten Free Pasta Available for $1.95

**SIDES**

- Rice Pilaf 120 cal.
- Mango Jicama slaw 70 cal.
- Steamed Broccoli 40 cal.
- French Fries 585 cal.
- House Made Potato Chips 225 cal.

**BEVERAGES**

- Coke 150 cal.
- Diet coke 0 cal.
- Sprite 192 cal.
- Ginger Ale 124 cal.
- Lemonade 99 cal.
- Raspberry Iced-tea 80 cal.

Alcoholic beverages are available for purchase at the bar for guests 21 years of age and over.