



APPETIZERS

SOUP OF THE DAY: CUP 3.95 BOWL 5.95

QUESO AND CHIPS

SPINACH, JALAPENO, MONTEREY JACK CHEESE AND FRESH SALSA GARNISH.

SMALL 5.95 LARGE 7.95

HUMMUS

SERVED WITH FLATBREAD AND A TOMATO CUCUMBER FETA AND OLIVE RELISH 7.95

SALADS

ADD CHICKEN 2.50 CARAMELIZED OR BLACKENED SALMON 4.95 SAUTEED SHRIMP 5.95

301 SALAD

ROMAINE LETTUCE, RED ONION, TOMATO, JACK CHEESE, AND HOUSE MADE

CROUTONS WITH CREAMY CRACKED PEPPERCORN BUTTERMILK DRESSING

SMALL 5.95 LARGE 8.95

ASIAN CHOP SALAD

ROMAINE LETTUCE, NAPA CABBAGE, CARROTS, DAIKON, JICAMA, RED PEPPERS,

SNOW PEAS, AND TOMATOES WITH WHITE MISO VINAIGRETTE AND WASABI PEAS 9.95

CAESAR

CHOPPED ROMAINE, HOMEMADE GARLIC CROUTONS AND FRESH GRATED PARMESAN TOSSED IN OUR HOUSE CAESAR DRESSING.

ADD ANCHOVIES 2.00 SMALL 5.95 LARGE 8.95

SPINACH SALAD

WALNUTS, STRAWBERRIES, CRUMBLER BACON, GOAT CHEESE CROUTONS, TOSSED IN BALSAMIC VINAIGRETTE.

SMALL 7.95 LARGE 9.95

ICEBERG WEDGE SALAD

CRUMBLER BLEU CHEESE, HARD BOILED EGGS, TOMATOES, CRUMBLER BACON, AND THOUSAND ISLAND DRESSING. 7.95

CHICKEN SALAD

ALL BREAST MEAT TOSSED IN CREAMY FRESH HERB DRESSING WITH CELERY, RED GRAPES AND TOASTED WALNUTS.

SERVED ON A BED OF FRESH GREENS 7.95

CHICKEN AND BRIE

MIXED FIELD GREENS WITH GRANNY SMITH APPLES, RED GRAPES, CANDIED PECANS, MELTED BRIE CHEESE

ATOP CARAMELIZED CHICKEN BREAST WITH PORT WINE VINAIGRETTE. 11.95

CLUBS & WRAPS

ALL CLUBS, WRAPS, AND DELI SANDWICHES SERVED WITH YOUR CHOICE OF CHIPS,

ASIAN SLAW, LOADED POTATO SALAD, COLE SLAW OR FRESH FRUIT.

MARKET ST. WRAP

SMOKED TURKEY, BACON, FRESH BABY SPINACH, TOMATO, SHALLOT GARLIC SPREAD, IN A ROASTED GARLIC TORTILLA. 8.95

CHICKEN CAESAR WRAP

FRESH CHICKEN BREAST, ROMAINE, ROASTED RED PEPPER, FRESH GRATED PARMESAN CHEESE IN A ROASTED

GARLIC TORTILLA, WITH OUR CAESAR DRESSING. 8.95

ITALIAN ROAST BEEF WRAP

PREMIUM ROAST BEEF, PROVOLONE, BABY SPINACH AND HORSERADISH MAYONNAISE IN A ROASTED GARLIC TORTILLA. 8.95

DOS AMIGAS WRAP

BLACKENED CHICKEN WITH ROMAINE LETTUCE, ROASTED RED PEPPERS, AND MONTERREY JACK CHEESE IN A

JALAPENO CHEDDAR TORTILLA, WITH CHIPOTLE MAYONNAISE. 8.95

GREEK WRAP

CHICKEN, ARTICHOKE, ROASTED RED PEPPERS, CUCUMBER AND PEPPERONCINI PEPPERS IN FLAT BREAD WITH BASIL FETA AIOLI. 8.95

VEGE WRAP

HUMMUS, DICED RED AND GREEN ONIONS, KALAMATA OLIVES AND A TOMATO, CUCUMBER-DILL RELISH IN FLAT BREAD 7.95

MEDITERRANEAN CLUB

SMOKED TURKEY, APPLEWOOD SMOKED BACON, FRIED GOAT CHEESE, ARUGULA, AND TOMATOES, ON AN ARTISIAN ROLL, WITH AIOLI.

9.95

THREE M CLUB

TRADITIONAL THREE LAYER CLUB SERVED ON TOASTED SOURDOUGH WITH A SHALLOT GARLIC SPREAD. 8.95

PORTABELLO

MARINATED GRILLED PORTABELLO ON AN ARTISIAN ROLL WITH ARUGULA, TOMATO, SWISS CHEESE AND AIOLI. 8.95

LOW FAT RASPBERRY OR FAT FREE ITALIAN DRESSING AVAILABLE UPON REQUEST

DELI SANDWICH 7.95

CREATE YOUR OWN.

SELECT ONE MEAT, CHEESE, SPREAD(S), BREAD AND ONE SIDE ITEM FROM LIST BELOW

MEAT - SMOKED TURKEY, ROAST BEEF, CHICKEN SALAD, CORNED BEEF, SMOKED HAM

CHEESE - SWISS, CHEDDAR, SMOKED MOZARELLA, PROVOLONE, PEPPER JACK

SPREADS - DIJON, MAYONNAISE, CHIPOTLE MAYO, HORSERADISH MAYO, SHALLOT GARLIC SPREAD

BREADS - WHOLE WHEAT, RYE, SOURDOUGH, CIABATTA, ROASTED GARLIC WRAP, JALAPENO WRAP, BOSNIAN FLAT-BREAD

SIDE - CHIPS, ASIAN SLAW, COLE SLAW, FRESH FRUIT, LOADED POTATO SALAD

DESSERTS

COOKIES (2) OR BROWNIE - 1.50