

**Chicken Tenders**

*With your Choice of Dipping Sauce*

10.75

**Cheese Quesadilla**

*Large Grilled Tortilla with Two Cheeses,  
Sour Cream And Salsa*

9.95 / add Chicken 11.25 / add Steak 13.25

**Mahi Mahi Sandwich**

*Grilled or Blackened Served on a Kaiser Roll with  
Lettuce, Tomato and Red Onions*

11.25

**Ahi Tuna Melt**

*Four Ounce Ahi Tuna Steak Pan Seared with  
Cajun Spices Served on Rosemary Focaccia  
Bread with White Cheddar Cheese,  
Red Onion, Tomato and Wasabi Cream*

14.50

**Atkins Protein Platter**

*8 oz. Lean Ground Beef or 6 oz. Marinated  
Chicken Breast with Grilled Onions and Sliced  
Tomatoes with Ranch Dressing*

10.95

**Atkins By The Sea**

*Cajun or Grilled Mahi Mahi Topped with Grilled  
Onions and served with Beefsteak Tomatoes,  
Avocados and Ranch Dressing*

11.25

**Hot Pressed Cuban Panini**

*Turkey, Salami, Ham and Swiss Cheese on  
Grilled Panini Bread with Mayonnaise, Mustard  
and Dill Pickles*

11.25

**Bavarian Kraut Dog**

*A ¼ lb All Beef Hot Dog on a Pretzel Dog Bun  
with Seasoned Sauerkraut and Swiss Cheese*

9.95

**Albacore Tuna Melt**

*Grilled White Albacore Tuna on Marble Rye with  
Swiss Cheese and Smoked Bacon*

11.25

**Grill Room Burger**

*Half Pound of 100% USDA Beef cooked to  
order and Served on a Toasted Kaiser Roll*

10.95

**Marinated Chicken Sandwich**

*Grilled Marinated Breast of Chicken Served on  
a Kaiser Roll w/ Lettuce, Tomato and Red Onion*

10.95

*Add Cheese +.50*

*Add Grilled Onions +.50*

*Bacon +1.00*

**Extras**

Fruit Plate	4.95	Cup of Fruit	3.95
Side Salad	5.25	Sliced Tomatoes	3.50
French Fries	3.50	Chicken Breast	4.25

**House BLT**

*With Applewood Smoked Bacon, White Cheddar and American Cheese,  
Lettuce, Tomato, and Sun Dried Tomato Mayonnaise*

10.50

**Black Forest Ham**

*Piled High with Applewood Smoked Bacon, Swiss  
Cheese. Lettuce, Tomato, Topped with Honey Mustard  
and Served on a Bavarian Pretzel Roll*

10.50

**Clubhouse Sandwich**

*Triple Decker with Roast Beef, Turkey, Ham,  
Cheese, Bacon Lettuce and Tomato*

11.25

**Create Your Own Sandwich**

*Choose From Roast Turkey, Ham, Roast Beef, Egg, Chicken or Tuna  
Salad. Served on White, Wheat, Rye or Marble Rye*

9.50

**Tavern Pretzel Reuben**

*Your Choice of Thinly Sliced Corned Beef Pastrami or  
Turkey, Sauerkraut, Swiss Cheese, Dijon Mustard and  
Russian Dressing on a Warm Pretzel Roll*

10.50

**Jalapeno Chili Cheese Pretzel Dog**

*A Quarter Pound All Beef Dog on a Grilled Pretzel Bun with all Beef  
Chili, Cheddar Jack Cheese, Pickled Jalapenos and Spicy Mustard*

9.95

**Philly Cheesesteak**

*Grilled Beef with Onions, Peppers, Mushrooms and  
Provolone on a Grilled Hoagie Roll*

11.25 / add Pepper Relish +.95

**Chicken Cheesesteak**

*Sliced Grilled Chicken Breast, Sautéed Onions, Jalapenos and Bacon  
Topped with Melted Pepperjack Cheese on a Grilled Hoagie Roll*

11.25

**Green Goddess Grilled Cheese**

*Sliced Avocado, Spinach, Pesto and Bleu Cheese on your choice of Bread*

10.25 / add tomato +.95 / add bacon +1.75

**Ultimate Grilled Cheese**

*American, Swiss and Cheddar Cheese on a Choice  
of Bread with Applewood Smoked Bacon and Tomatoes*

10.25

**Patty Melt**

*Black Angus Burger on Grilled Rye Bread  
with Swiss Cheese and Grilled Onion*

10.95

**Chicken Caesar Pita**

*Choose from Crispy Grilled or Fried Chicken Tossed with Crisp Romaine  
Lettuce, Creamy Caesar Dressing and Parmesan Cheese*

10.95

**Prime Rib Panini Dip**

*Full of Flavor Thinly Sliced Served on Panini Bread with Horseradish  
Cream, Provolone Cheese and Au Jus Dipping Sauce*

14.25

All Sandwiches Include choice of Cole Slaw, Chips or French Fries



Soup & Half Sandwich  
\$8.25

*Enjoy a Cup of Soup Along with a half Sandwich with your Choice of Deli Meats, Tuna Salad, Egg Salad or Chicken Salad*

8.25

*Substitute a Bowl of Soup*  
1.25

Soup & House Salad

*Enjoy Any One of Our Soups and a House Salad with your Choice of Dressing*

8.25

Half Sandwich with Chips  
6.25

### Soups

Bowl 5.25 Cup 4.50

*Tomato Basil Bisque  
Chili Cheese & Onions  
Soup of the Day  
Ham & Bean*

### Wraps

**Bacon and Avocado Turkey Wrap**  
*Thinly Sliced Turkey with Crisp Bacon, Avocado, Lettuce, Tomato, Red Onion, Provolone Cheese and Honey Mustard*  
10.75

**Jalapeno Ranch Chicken Wrap**  
*Choose from Grilled or Fried Chicken in a Flour Tortilla with Pepperjack Cheese, Marinated Jalapenos, Lettuce Tomato and Ranch Dressing*  
10.75

**Greek Wrap**

*Filled with Grilled Chicken, Tomatoes, Greens, Feta Cheese Black Olives, Red Onions and Greek Dressing*  
10.95

**Buffalo Chicken Wrap**

*Choose from Grilled or Crispy Fried Chicken with Lettuce, Tomato, Bleu Cheese and a Spicy Dressing*  
10.95

**Mahi Mahi BLT Wrap**

*Blackened Mahi Mahi with Crisp Bacon, Lettuce, Tomato with a Key Lime Aioli Wrapped in a Flour Tortilla*  
12.75

**Ahi Tuna Wrap**

*Grilled Ahi Tuna in a Flour Tortilla with Crisp Romaine, Tomato, Avocado, Red Onion, Pepperjack Cheese and Wasabi Cucumber Sauce*  
14.50

## Lunch Menu

### Salads

**Spinach Salad**

*Crisp Baby Spinach, Tomatoes, Red Onions, Crisp Bacon, Glazed Walnuts, Hard Cooked Egg, Craisins, Feta Cheese and Grilled Chicken Served with Raspberry Vinaigrette*  
11.25

**Tuscan Salad**

*Mixed Greens Topped with Tomatoes, Red Onions, Cucumbers, Black Olives, Mozzarella Cheese, Genoa Salami and Smoked Ham*  
11.25

**Salad Trio**

*A Variety of Chicken, Egg and Tuna Salad on a Bed of Beefsteak Tomatoes with Baby Buffalo Mozzarella Cheese and Avocado*  
11.25

**Classic Caesar Salad**

*Hearts of Romaine Leaves Tossed with Shaved Romano Cheese & Fresh Croutons. Served with Traditional Caesar Dressing*  
7.95 - add Chicken 11.25 / add Mahi Mahi 14.50

**Garden Cobb Salad**

*Chopped Romaine Topped with Bleu Cheese Crumbles, Bacon, Tomato, Cucumbers, Olives, Hard Cooked Egg, Ham & Turkey*  
10.75

**Four Seasons**

*Mixed Greens Topped with Smoked Turkey, Craisins, Honey Roasted Walnuts, Tomato and Bleu Cheese Served with Raspberry Vinaigrette*  
11.25

**Sesame Chicken Salad**

*Crispy Fried Chicken Tossed in Asian Sesame Sauce Served on a Bed of Crisp Romaine Lettuce Topped with Tomatoes, Cucumbers, Mandarin Oranges, Craisins, Sliced Almonds and Served with an Oriental Sesame Dressing*  
12.25

### Vegetarian Dishes

**Crispy Vegetable Wrap \$8.95**

**Garden Hummus Pita \$9.75**

**Garden Burger \$10.25**

*6 oz Garden Burger Topped with Lettuce, Tomato, and Red Onion on a Kaiser Roll*

### Just for the Kids – 7.95

*Hot Dog / Chicken Fingers / Hamburger / Flatbread Cheese Pizza Includes French Fries, Fountain Soda and a Scoop of Vanilla Ice Cream*

Consumer Advisory: Consuming raw or undercooked meats, poultry, eggs, seafood or shellfish increases your risk of contracting a food borne illness.