

### Chicken Tenders

*With your Choice of Dipping Sauce*

10.75

### Cheese Quesadilla

*Large Grilled Tortilla with Colby Jack Cheese,  
Sour Cream and Salsa*

9.95 / add Chicken 11.50 / add Steak 13.50

### Mahi Mahi Sandwich

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

11.50

### Roast Beef Cheddar Melt

*Seasoned Roast Beef, Sharp Cheddar Cheese  
and Chipotle Aioli on Grilled Sourdough Bread*

11.50

### Atkins Protein Platter

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

11.25

### Atkins By The Sea

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

11.95

### Italian Panini

*Black Forest, Genoa Salami, Pepperoni and  
Provolone Cheese on Grilled Panini Bread with  
Pesto Aioli*

11.95

### Barbeque Bison Burger

*6 oz. Grilled Bison topped with Sweet  
Barbeque Sauce and Balsamic Glazed Onions  
on a Grilled Kaiser Roll with Lettuce and Tomato*

14.50

### Brunch Burger

*8 oz. USDA Beef topped with Applewood  
Smoked Bacon and an Over Easy Egg served on  
a Grilled Kaiser Roll with Lettuce, Tomato  
and Red Onion*

13.50

### Grill Room Burger

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

11.50

### Marinated Chicken Sandwich

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

11.25

*Add Cheese .75*

*Add Grilled Onions .95*

*Add Bacon 1.25*

## Extras

Side Salad 5.25 Sliced Tomatoes 3.50

French Fries 3.50 Chicken Breast 4.50

Onion Rings 3.95

### House BLT

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

*Served on White, Wheat or Rye*

10.95

### Fried Egg BLT

*Five Strips of Applewood Smoked Bacon, Over-Hard Cooked Eggs,  
Lettuce and Tomato. Served on White, Wheat or Rye*

9.95

### Turkey Clubhouse Sandwich

*Triple Decker Roast Turkey, Applewood Smoked Bacon, American  
Cheese, Lettuce and Tomato. Served on White, Wheat or Rye*

11.50

### Create Your Own Sandwich

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

9.75

### 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*

11.50

### Fried Chicken Po'boy

*Crispy Chicken Tenders on a Grilled Hoagie Roll with a  
Spicy Remoulade Sauce, Lettuce, Tomato and Red Onion*

11.95

### Philly Cheesesteak

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

*11.95 / add Pepper Relish .95*

### Chicken Cheesesteak

*Sliced Grilled Chicken Breast, Sautéed Onions, Jalapeños and Bacon  
Topped with Melted Pepper Jack Cheese on a Grilled Hoagie Roll*

11.95

### Pastrami and Caramelized Onion Grilled Cheese

*Grilled Pastrami, Swiss Cheese, Balsamic Glazed Onion and Spicy  
Mustard on Grilled Sourdough Bread*

10.95

### Ultimate Grilled Cheese

*Buffalo Mozzarella, Applewood Smoked Bacon, Cheese, Pesto and  
Beefsteak Tomatoes on Grilled Sourdough Bread*

10.95

### Patty Melt

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

11.50

### Prime Rib Panini Dip

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

14.50

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



Soup & Half Sandwich  
\$8.50

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

8.50

*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*

8.50

Half Sandwich with Chips  
6.50

### Soups

Bowl 5.25 Cup 4.50

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

### Wraps

Turkey Bacon Ranch Wrap

*Thinly-Sliced Turkey in a Flour Tortilla with Bacon, Provolone Cheese, Lettuce and Tomato, Red Onion and Ranch Dressing*

11.00

Jalapeño Ranch Chicken Wrap

*Choose from Grilled or Fried Chicken in a Flour Tortilla with Pepper Jack Cheese, Marinated Jalapeños, Lettuce, Tomato and Ranch Dressing*

10.75

Prime Rib Wasabi Wrap

*Seasoned Prime Rib in a Flour Tortilla, Pepper Jack Cheese, Lettuce, Tomato and Cusabi*

14.50

Buffalo Chicken Wrap

*Choose from Grilled or Fried Chicken in a Flour Tortilla with Lettuce, Tomato, Bleu Cheese and a Spicy Buffalo Dressing*

11.50

Mahi Mahi BLT Wrap

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

12.95

Chicken Philly Wrap

*Grilled Chicken in a Flour Tortilla, Onions, Peppers and Mushrooms with Provolone Cheese*

11.50

## Lunch Menu

### Salads

Spinach Salad

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

11.50

Caprese Salad

*Beefsteak Tomatoes layered with Buffalo Mozzarella Cheese, Julienned with Pepperoni and Balsamic Vinaigrette*

11.95

Salad Trio

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

11.50

Classic Caesar Salad

*Hearts of Romaine Leaves Tossed with Shaved Romano Cheese & Fresh Croutons. Served with Traditional Caesar Dressing*  
7.95 - add Chicken 11.50 / add Mahi Mahi 14.50

Garden Cobb Salad

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

11.50

Coconut Shrimp Salad

*Chopped Romaine, Beefsteak Tomatoes, Craisins, Mandarin Oranges, Feta Cheese, Topped with Four Flash-Fried Coconut Shrimp served with Raspberry Vinaigrette*

12.95

Sesame Chicken Salad

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

12.50

### Vegetarian Dishes

Crispy Vegetable Wrap \$8.95

Garden Hummus Wrap \$8.95

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  
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.