



Lunch Menu

APPETIZERS

STEAK & GORGONZOLA FLATBREAD 13
caramelized onions, tomatoes, salsa verde, drizzled with a balsamic glaze

BUTTERMILK CRISPY CHICKEN STRIPS 12
5 hand breaded chicken strips tossed in choice of BBQ., mild, hot, garlic parm, sweet Thai-chili

AHI TUNA POKE NACHOS 13
shredded lettuce, diced tomato, chopped pickle ginger, diced marinated in honey-soy ahi tuna, wasabi-coconut drizzled, wonton chips

CRISPY FISH BITES 12
cajun tartar sauce on a bed of tangy coleslaw

QUESADILLA 10
peppers & onions, shredded lettuce, diced tomato, salsa, sour cream, shredded cheddar jack cheese

ADDITIONS: STEAK 6 / CHICKEN 7 / SHRIMP 8

CHICKEN WINGS 16
with choice of BBQ, mild, hot, garlic parm, sweet Thai-chili. Served with celery & carrots

SOUP & SALADS

SALAD ADDITIONS -
STEAK 9 / CHICKEN 8 / SHRIMP, SALMON OR AHI TUNA 9

SOUP OF THE DAY 4 / 7

CLUB SOUP 5 / 8
chili

CLASSIC CAESAR 6 / 9
chopped romaine, grana Padano crisp, herb croutons, creamy Caesar dressing

CC CHOPP SALAD 8 / 12
grape tomato halves, hardboiled egg, blue cheese crumbles, chopped bacon, sliced avocado, sweet & sour dressing

POWER BLEND SALAD 12
kale power blend mix, mix greens, shredded carrots, garbanzos, avocado, roasted beets, house dressing

ASIAN SALAD 12
field mix greens, shredded carrots, cucumbers, chopped pickled ginger, grape tomato halves, wonton strips, Thai-peanut vinaigrette

POWER BOWLS & HANDHELDS

BOWL ADDITIONS - CHICKEN 8 / SHRIMP & SALMON 9

EACH HANDHELD COMES WITH 1 SIDE

French Fries | Sweet Potato Fries | Onion Rings | Tater Tots | Coleslaw | Fruit

POWER BLEND BOWL 12
brown rice, garbanzos, kale power blend mix, grape tomatoes, avocado, hardboiled egg, sweet & sour drizzle

BENTO BOWL 14
brown rice, cucumber, tomatoes, avocado, edamame, shredded carrots, chopped pickled ginger, pineapple pico, wasabi-coconut drizzle

VEGAN POWER BLEND WRAP 12
blend of kale, cabbage, garbanzos, sautéed onions & peppers, ground Impossible Beef sautéed in our house vinaigrette with sliced avocado

BLACK & BLUE BEEF SANDWICH 16
beef tenderloin medallions melted provolone and blue cheese, horsey cream slaw, hoagie roll

CALIFORNIA SALMON or CHICKEN BLT WRAP 16
lettuce, tomato, avocado, bacon, grilled salmon, ranch dressing

TURKEY RACHEL 13
coleslaw, roasted turkey, swiss cheese, 1000 Island dressing, rye

GRILLED PORK CHIMICHURRI 14
marinated pork tenderloin, lettuce, caramelized onion & peppers, melted swiss cheese, chimichurri, hoagie roll

COCONUT SHRIMP TACOS 15
cilantro-coconut dressing, sweet chili cabbage slaw, pineapple pico

CLUB SANDWICH 14
green leaf, tomato, mayo, American cheese, turkey, bacon, ham

CLUB SPECIAL BLEND BURGER 16
green leaf, tomato, onion, house secret sauce, pickle spear

QUARTER POUNDER HOT DOG 12
with assorted condiments

CLASSIC CHICKEN SANDWICH 12
buttermilk crispy chicken breast, house secret sauce, pickles

PHILLY CHEESESTEAK 15
your choice of grilled chicken or beef, sautéed peppers and onions, topped with provolone cheese in a toasted hoagie roll

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness*