



Lunch Menu



APPETIZERS

- FRIED RAVIOLI** 13
3-cheese deep fried ravioli with house-made Pomodoro sauce dusted in grated parmesan
- BUTTERMILK CHICKEN STRIPS** 12
choice of bbq, buffalo, garlic parmesan or sweet thai chili
ADD SIDE FOR +3
- CHICKEN QUESADILLA** 14
peppers & onions, shredded lettuce, tomato, salsa and sour cream
SUB SHRIMP +2 | SUB STEAK +2
SPICY BLACK BEAN PATTY +2
- GIANT PRETZEL** 10
soft, baked giant pretzel served with mustard and queso
- CHICKEN WINGS** 16
tossed in choice of bbq, buffalo, garlic parmesan, sweet thai chili served with blue cheese & celery
- BAM BAM SHRIMP** 14
breaded and deep-fried shrimp, tossed in house-made bam bam sauce and sprinkled with sesame seeds, served over a bed of fresh arugula.
- PEPPERONI CAPRESE FLATBREAD** 13
crispy baked flatbread topped with marinara, melted mozzarella, pesto, pepperoni and parmesan cheese

SOUP & SALADS

- SALAD ADDITIONS - CHICKEN 7, SHRIMP 8, SALMON OR MAHI 9
- HOUSE MADE CHILI -OR- SOUP OF THE DAY** 5 / 8
- CLASSIC CAESAR** 7 / 12
chopped romaine, grana padano crisp, herb croutons and creamy Caesar dressing
- CC CHOPPED SALAD GF** 8 / 13
romaine, grape tomatoes, hardboiled egg, blue cheese crumbles, candied bacon, avocado, sweet & sour dressing
- PAR THREE** 9
a scoop of chicken salad, tuna salad, and egg salad on a bed of arugula, served with crackers and flatbread triangles
SALAD ADDITIONS: ADD A SCOOP OF CHICKEN SALAD, TUNA SALAD, OR EGG SALAD TO ANY SALAD +5
- CHEF'S SALAD** 9 / 13
thinly sliced Boar's Head® Ovengold® Turkey, Virginia Ham & Vermont Cheddar with chopped hard-boiled egg, and tomatoes in romaine, served with choice of dressing
- BLACKENED SALMON SALAD** 9 / 13
fresh Salmon Fillet blackened and served on a bed of baby spinach with candied pecans, Boar's Head® Feta crumbles, diced tomatoes, and diced red onion, served with our house-made citrus vinaigrette
- AUTUMN HARVEST SALAD** 8 / 12
baby arugula, honey crisp apples, toasted butternut squash, toasted almonds, feta cheese, and dried cranberries with a lemon poppyseed dressing

BOWLS & HANDHELDS



BOWL ADDITIONS - CHICKEN 7, SHRIMP 8, STEAK 8, SALMON OR MAHI 9

SELECT ONE SIDE French Fries | Sweet Potato Fries | Onion Rings | Tater Tots | Fruit | Coleslaw

- HEATHROW LEGACY CLUB** 14
triple decker club sandwich, filled with thinly sliced Ovengold® Turkey, Virginia Ham, crispy Applewood Smoked Bacon & American with leaf lettuce, sliced tomato and mayo
- THE BURGER** 16
8 oz. grass-fed beef patty, lettuce, tomato, onion, house secret sauce, choice of cheese
- SPICY BLACK BEAN WRAP** 14
chopped spicy black bean patty with arugula, sliced avocado, roasted corn salsa, chipotle aioli
- PULLED PORK SANDWICH** 16
slow cooked pulled pork, tangy Carolina BBQ sauce and fresh coleslaw. Served on a toasted brioche bun
- CHICKEN PARM SANDWICH** 15
thinly pounded chicken breast breaded, deep fried and smothered in marinara and melted mozzarella. Served on a toasted hoagie roll
- CUBAN** 15
thinly sliced Roasted Pork, Virginia Ham, Imported Switzerland Swiss®, dijonnaise, and pickle slices, served on fresh Cuban bread and hot pressed
- WEST COAST BOWL GF** 13
brown rice, grilled chicken, Jalapeño Pepper Jack, avocado, tomatoes, cucumber, fresh arugula with ranch drizzle (does not come with a side)
- BUFFALO CHICKEN WRAP** 12
our buttermilk chicken strips tossed in buffalo sauce. with blue cheese crumbles, lettuce, tomato and ranch dressing
- THE FRENCH DIP** 16
shaved ribeye steak and melted provolone on a toasted hoagie roll. Served with a side of au jus
- TURKEY RACHEL** 14
thinly sliced Boar's Head Ovengold turkey, melted switzer swiss cheese, and fresh coleslaw on toasted rye bread.
- BOAR'S HEAD FRANK** 11
1/4 lbs. Uncured Beef Frank, grilled and served on a hot dog bun with choice of toppings
- MAHI SANDWICH** 15
fresh Mahi Mahi fillet served blackened or grilled with lettuce, tomato, and cilantro coconut aioli drizzle, on a kaiser bun
- MAHI TACOS** 16
fresh Mahi Mahi fillet, served blackened or grilled in fresh flour tortillas, topped with lettuce, tomato, onion, and cilantro coconut aioli

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Gluten Free, vegan, and vegetarian options are denoted with GF, V, and VEG*