



# 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