

SOUP & SALAD

SOUP DU JOUR	3.95
GREEK SALAD	9.95
Romaine lettuce mixed with cucumbers, tomatoes, and red onions topped with feta cheese, pistachios, and a yogurt vinaigrette. Served with pita bread.	
TUNA NIÇOISE SALAD*	12.95
Pan-seared tuna with mixed greens topped with olives, tomatoes, green beans, fingerling potatoes, and a soft-boiled egg. Served with a mustard vinaigrette.	
CURRY SHRIMP SALAD	11.95
Grilled gulf shrimp served with organic field greens, roasted tomatoes, avocado apples, and cashews tossed with a yellow curry vinaigrette.	
GRILLED CHICKEN CAESAR**	9.95
Romaine hearts topped with grilled chicken, shaved Parmesan cheese, house-made croutons, and herbs. Tossed in a classic Caesar dressing.	
ASIAN CHICKEN SALAD	9.95
Marinated grilled chicken breast tossed with Napa cabbage, spinach, bell peppers, cilantro, and peanuts with a sesame dressing, topped with wonton crisps.	
STEAK COBB SALAD*	11.95
Marinated grilled Certified Angus Beef® steak on romaine lettuce topped with tomatoes, green onions, avocado, egg, and bacon. Tossed with a blue cheese dressing.	

ENTRÉES

SCOTTISH SALMON*	12.95
Served with organic field greens, shaved fennel, orange segments, raisins, and pine nuts with a bacon vinaigrette.	
GRILLED SIRLOIN*	11.95
6 oz. Certified Angus Beef® sirloin steak topped with herb-scallion compound butter. Served with steakhouse style hash browns.	
PAELLA	10.95
Traditional Spanish dish of saffron rice, onions, peppers, marinated shrimp, Prince Edward Island mussels, whitefish, and roasted chicken.	

SANDWICHES

Served with your choice of shoestring fries or a side salad of mixed greens.

B.L.A.S.T.	9.95
Crisp applewood smoked bacon, lettuce, avocado, sunflower sprouts, and tomatoes on toasted sourdough.	
GRILLED PORTOBELLO	8.95
Grilled portobello mushroom topped with fresh mozzarella, tomatoes, onions, and pesto sauce served on toasted wheat berry bread.	
HOUSE-SMOKED SALMON GRILLED CHEESE	9.95
House-smoked salmon with Brie, Swiss and Fontina cheeses, roasted tomatoes, and horseradish chive sour cream on potato bread.	
WHITE ALBACORE TUNA SALAD	8.95
Made with white albacore tuna, served with lettuce, tomatoes, and red onions on sourdough toast.	
CRAB CAKE SANDWICH	12.95
A jumbo lump crab cake with spicy aioli, avocado, tomatoes, and mixed greens on focaccia bread.	
CHICKEN SALAD SANDWICH	10.95
Grilled chicken mixed with apple, bacon, celery, and aioli. Served on a buttery croissant.	
ROASTED CHICKEN**	9.95
Roasted chicken breast topped with ham, Swiss cheese, walnuts, and field greens. Topped with Creole mustard and an egg on panini bread.	
RUSSIAN REUBEN	9.95
Braised corned beef topped with Swiss cheese, sauerkraut and Russian dressing. Served on toasted dark rye.	
C.A.B. CHEESEBURGER*	8.95
8 oz. of freshly ground Certified Angus Beef® grilled and topped with applewood smoked bacon, cheddar cheese, and red pepper aioli. Served with red leaf lettuce, tomato and onion on a toasted brioche roll.	

** Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may incur risk of foodborne illness. ** Contains coddled non-pasteurized eggs.*