

Category ↑	Menu Item Description	Price
LUNCH	CALAMARI FRITTI Fried strips of lightly breaded calamari with marinara sauce.	\$11.95 / Half order \$7.95
LUNCH	SOUTHWESTERN EGGROLLS Spicy chicken, corn, black beans, cilantro and cheese wrapped in wonton papers and deep fried. Served with our avocado dip.	\$8.95
LUNCH	CROSTINI POMODORO Toasted bread topped with feta cheese, sundried tomatoes, and marinated tomatoes in balsamic vinaigrette	\$8.95
LUNCH	MOZZARELLA CAPRESE Fresh water mozzarella, basil, tomato, roasted pepper, and vinaigrette.	\$8.95
LUNCH	SWEET POTATO FRIES Served with a side of bbq sauce.	\$4.95
LUNCH	TEMPURA SHRIMP Six jumbo shrimp with dipping sauces	\$13.95
LUNCH	CREAM OF LEMON CHICKEN OR LENTIL	\$3.95 / \$5.50
LUNCH	MEDITERANNEAN SALAD Field greens, sundried tomatoes, toasted almonds, feta cheese, kalamata olives and creamy lemon-dijon vinaigrette.	\$9.95
LUNCH	SPINACH SALAD Fresh spinach leaves, sliced apple, sundried cranberry, toasted walnut, crumbled bleu cheese and honey-mustard dressing.	\$9.95
LUNCH	COBB SALAD Avocado, bacon, bleu cheese crumbles, hard boiled egg, tomato and romaine lettuce tossed with ranch dressing.	\$11.95
LUNCH	GORGONZOLA SALAD Field greens, toasted walnut, crumbled gongonzola cheese and sauteed tomatoes tossed with our balsamic vinaigrette.	\$9.95
LUNCH	TUSCAN CHOPPED SALAD chicken breast, salami, artichoke hearts, provolone cheese, sundried tomatoes, kalamata olives, and pepperccinis served over field greens with a creamy balsamic dressing.	\$12.95
LUNCH	ORIENTAL CHCKEN SALAD Romaine lettuce, cabbage, carrot, wontons, rice noodles, toasted almonds, crisp wontons, mandarin orange, and	\$11.95

	ginger-sesame dressing.	
LUNCH	GRILLED CHICKEN CAESAR SALAD Romaine lettuce, parmesan cheese, crouton, anchovy fillets and our Caesar dressing.	\$7.95 / \$10.95
LUNCH	Lunch Salad Add-ons Add chicken breast to any salad \$3.65, salmon fillet \$9.95, shrimp (6) \$6.00, scoop of chicken salad \$2.75, scoop of tuna salad \$2.25	
LUNCH	PANINIS - What's Included Our Paninis are Grilled Italian style pressed sandwiches on country white bread. Served with your choice of fries or fruit.	
LUNCH	FRESH SALMON PANINI Sautéed salmon fillet, brie cheese, caper, red onion and fresh spinach.	\$11.95
LUNCH	CHICKEN PESTO PANINI Chicken breast, sun dried tomato, provolone cheese and greens.	\$9.95
LUNCH	TUSCAN PANINI Proscuitto ham, fresh mozzarella, sun dried tomato and fresh basil.	\$9.95
LUNCH	B.L.T. PANINI Crisp bacon, avocado, lettuce, tomato and mayo.	\$7.95
LUNCH	SANDWICHES - What's Included Served with your choice of fries or fruit.	
LUNCH	WALDORF CHICKEN SALAD SANDWICH All white meat, celery, walnut, apple and mayonnaise. Served on your choice of French roll, Croissant, wheat or sourdough.	\$8.95
LUNCH	TUNA MELT Served on your choice of sourdough or multigrain	\$8.95
LUNCH	TURKEY & AVOCADO SANDWICH Swiss cheese, sprout, tomato, mayonnaise and Dijon mustard on French roll.	\$8.95
LUNCH	VEGETARIAN SANDWICH Avocado, sprout, cucumber, tomato, provolone cheese, cheddar cheese, mayo and mustard on wheat bread.	\$6.95
LUNCH	SALAMI & PROVOLONE SANDWICH Field greens, tomato, roasted pepper, red onion, and balsamic vinaigrette on French roll.	\$7.95
LUNCH	SEAL BEACH CHICKEN SANDWICH Chicken breast, provolone cheese, bacon, avocado, lettuce	\$10.95

	tomato and mayonnaise on a bun.	
LUNCH	TURKEY-CRANBERRY SANDWICH Roasted turkey breast, spinach, tomato, mayonnaise, melted provolone cheese and cranberry sauce on a ciabatta bread.	\$8.95
LUNCH	REUBEN SANDWICH leanest corned beef, sauerkraut, Swiss cheese and thousand island dressing on a grilled Rye.	\$11.95
LUNCH	ROASTED EGGPLANT SANDWICH Feta cheese, roasted pepper, fresh basil, tomato and red onion, and balsamic vinaigrette on a French roll.	\$8.95
LUNCH	TURKEY CLUB SANDWICH Turkey breast, lettuce, tomato and bacon on wheat or sourdough toast.	\$9.95
LUNCH	MEATBALL SANDWICH Sliced meatballs, meat sauce and melted cheese served on ciabatta bread.	\$8.95
LUNCH	Burger Add-ons Add avocado, bacon or extra cheese	\$1.25
LUNCH	CHOP HOUSE BURGER Choice of cheese, lettuce, tomato, pickle, red onion and thousand island dressing.	\$9.95
LUNCH	BACON-BLEU CHEESE BURGER Blue cheese dressing, crisp bacon and blue cheese crumbles.	\$11.95
LUNCH	BACON-BBQ-CHEDDAR BURGER Topped with our onion crisps.	\$11.95
LUNCH	PATTY MELT Charbroiled patty, sauteed onion, Swiss cheese and thousand island dressing on a grilled Rye.	\$10.95
LUNCH	LUNCH WRAPS - What's Included Served with a side of field greens. Substitute fries or fruit	\$1.25
LUNCH	CALIFORNIA WRAP Seasoned chicken breast, lettuce, tomato, avocado, red onion and parmesan cheese and our creamy garlic dressing wrapped in a spinach tortilla.	\$8.95
LUNCH	CHICKEN CAESAR WRAP Seasoned chicken breast, lettuce, parmesan cheese and Caesar dressing wrapped in a spinach tortilla.	\$7.95
LUNCH	CHICKEN CLUB WRAP Chicken breast, melted cheese, bacon, lettuce, tomato and ranch dressing wrapped in a tomato tortilla.	\$9.95
LUNCH	EGGPLANT WRAP	\$7.95

	Roasted Japanese eggplant, roasted pepper, feta cheese, lettuce, tomato, and lemon-dijon Vinaigrette dressing wrapped in a spinach tortilla.	
LUNCH	TUNA WRAP Albacore tuna salad, lettuce, tomato, and alfalfa sprouts wrapped in a tomato tortilla.	\$7.95
LUNCH	BUFFALO CHICKEN WRAP Lettuce, tomato, red onion, bleu cheese crumbles and ranch dressing wrapped in a tomato tortilla.	\$8.95
LUNCH	CHINESE CHICKEN SALAD WRAP Romaine lettuce, corn, carrot, toasted almonds, Diced chicken breast, and ginger sesame dressing wrapped in a spinach tortilla.	\$7.95
LUNCH	SPINACH & PINENUT QUICHE Served with a side of field greens.	\$9.95
LUNCH	TEMPURA BATTERED COD FISH & CHIPS Served with our remoulade sauce.	\$13.95
LUNCH	MARGHERITA PIZZA Fresh mozzarella, tomato sauce and fresh basil	\$10
LUNCH	PEPPERONI PIZZA Sauteed mushrooms, caramelized onion, mozzarella cheese and tomato sauce.	\$12
LUNCH	THREE TENORS PIZZA Prosciutto, salami, pepperoni with mozzarella cheese and tomato sauce.	\$14
LUNCH	ITALIAN SAUSAGE PIZZA Red bell pepper, onion, mozzarella cheese and tomato sauce.	\$12
LUNCH	GOURMET VEGETABLES PIZZA Artichoke, Japanese eggplants, roasted peppers, kalamata olives, mozzarella and tomato sauce	\$11
LUNCH	SOUP & HOUSE SALAD A cup of soup and a small house salad.	\$8.50
LUNCH	SOUP & CAESAR SALAD A cup of soup and a small Caesar salad.	\$8.95
LUNCH	SOUP & HALF SANDWICH Choose from Waldorf chicken salad, tuna salad, ham & cheese, turkey & cheese or vegetarian.	\$8.95
LUNCH	SALAD & HALF SANDWICH House salad and a half sandwich of your choice from above.	\$8.95
LUNCH	PIZZA & SALAD Choice of one topping \$1.00 extra for each additional	\$11.95

topping