

SANDWICHES, BURGERS & then some

* Sesame Tuna Wrap

sesame coated fresh tuna, roasted tomatoes, shredded cabbage, avocado & ginger-wasabi mayo wrapped in a flour tortilla

A Serious Lobster Roll

fresh north atlantic lobster warmed in butter on top split bun, served with either fries or green salad

* Grilled Hamburger

family farm raised angus ground beef on toasted ciabatta roll, add lettuce, tomato or onion
(add cheese – aged cheddar, fontina, crumbled blue, aged gouda, american – for \$1, add applewood bacon or avocado for \$1.5)

Spicy Chicken BLT with Guacamole

grilled free-range chicken breast, applewood bacon, guacamole, lettuce & tomato, chipotle mayo on onion focaccia

Crock of Beef Chili & the Fixings

family farm raised angus ground beef chili topped with aged cheddar & fontina cheese plus diced jalapeños, served with tri-color corn chips, red & green salsas

Fresh Fish Tacos & Green Salad

grilled cod, shredded cabbage, guacamole, pico de gallo & chipotle cream in flour tortillas, served with red & green salsas

SIDES

Green Jasmine Rice or Mashed Potatoes

French Fries or Onion Crisps

Sautéed Spinach or Asparagus or Tuscan Kale

Guacamole & Salsa with Plantains or Tricolored Chips

Our meats & poultry, fish & shellfish are free of antibiotics, hormones & preservatives when possible (which is almost all of the time).

*This menu item can be cooked to order. Consuming raw or undercooked meats, seafood or fish may increase your risk of food-borne illness, especially if you have certain medical conditions.

* Wellness Challenge Approved (wfeh.org)