



# THE MUNCHIES

AVAILABLE UNTIL 8:00PM



## SALAD

### FRESH CORN GRILLED SALAD

Corn, Zucchini, Asparagus, Scallions, Tomatoes and Avocado Over Mixed Greens Tossed with Our House Vinaigrette Dressing

\$13.95

### FRESH CORN TOSTADA SALAD

Baked Crisp Corn Tortilla, Topped with Caribbean Black Beans, Shredded Romaine Lettuce, Grilled Corn, Tomatoes, Fresh Guacamole and Tomatillo Salsa

\$12.95

### SOUTHWESTERN SALAD

Romaine Lettuce, Corn, Tomatoes, Avocado, Black Beans, Jicama, Cilantro, Jack Cheese, Baked Crispy Tortilla Strips Tossed with Creamy Tomatillo Dressing

\$13.95

### GREEK SALAD

Romaine Lettuce, Cucumbers, Red Onions, Sun-Dried Tomatoes, Fresh Tomatoes, Garbanzo Beans, Kalamata Olives, Feta Cheese Tossed in a Fresh Lemon Oregano Vinaigrette Dressing

\$13.95

### COBB SALAD

Mixed Greens, Grilled Chicken, Avocado, Tomatoes, Egg, Bacon, Blue Cheese, Tossed with Our House Vinaigrette Dressing

\$17.95

### BEET SALAD

Ripened Beets, Kale, Avocado, Tomatoes, Goat Cheese, Cranberries, and Walnuts Tossed with Our Balsamic Vinaigrette Dressing

\$13.95

### CAESAR SALAD

Homemade Croutons, Freshly Grated Parmesan Cheese, and Our Special Caesar Dressing (Contains Raw Egg)\*

\$12.45

### GREEN SALAD

Mixed Greens, Fresh Tomatoes, and Corn, Tossed with Our House Vinaigrette Dressing

\$11.45

## SOUP

### FRESH CORN CHOWDER

\$5.90

### BUTTERNUT SQUASH

\$5.00

### BROCCOLI, POTATO, LEEK

\$5.90

### CHICKEN VEGETABLE (GF)

\$6.45

### SOUP + SALAD COMBO

\$14.40

## SANDWICHES

Served on Fresh Baked Panini Bread with Choice of Roasted Potatoes, Red Cabbage Slaw, or Green Salad

### GRILLED CHICKEN

Cajun or Citrus Sauce

\$14.95

### GRILLED SALMON

Cajun or Citrus Sauce

\$15.95

### VEGAN

Grilled Eggplant, Zucchini, Tomato and Basil

\$13.95

### CAPRESE

Fresh Buffalo Mozzarella, Tomato, Fresh Basil with Balsamic Vinaigrette & Olive Oil

\$13.95

### TUNA SALAD

\$13.95

## BOWLS

### FRESH CORN VEGETABLE BOWL (GF)

Corn, Zucchini, Asparagus, and Scallions over Basmati or Wild Brown Rice

\$12.95

### KALE ROOT VEGETABLE BOWL (GF)

Sautéed Kale, Beets, Carrots, Onion, Fennel, Turnip, and Butternut Squash over Basmati or Wild Brown Rice

\$14.45

### TACO BOWL

Spanish Rice, Black Beans, Guacamole, Cabbage/Lettuce Mix, and Jack Cheese

\$12.95



## ADD PROTEIN

GRILLED CHICKEN \$3.75

SKIRT STEAK \$5.00

SALMON \$5.00

SHRIMP \$6.00

TOFU \$3.50

ROCKFISH \$5.00





# THE MUNCHIES

AVAILABLE UNTIL 8:00PM



## PASTA

- SUNDRIED TOMATO PASTA** **\$14.45**  
Penne with Sun-Dried Tomatoes, Corn, Fresh Tomatoes, Asparagus, and Fresh Basil in a Light Cream Sauce
- GRILLED VEGETABLE PASTA** **\$13.95**  
Penne with Grilled Asparagus, Corn, Zucchini, Fresh Tomatoes, Fresh Basil, Olive Oil, and a Touch of Garlic in a Marinara Sauce
- CAPRESE PASTA** **\$13.95**  
Penne with Fresh Mozzarella, Fresh Tomatoes, Fresh Basil, Parmesan Cheese, and a Touch of Garlic in a Marinara Sauce
- SPAGHETTI MEATBALL** **\$17.45**  
Fresh Meatballs with Garlic, Basil, and Parmesan Cheese in a Rich Tomato Sauce
- SPAGHETTI WITH FRESH TOMATO AND BASIL** **\$14.45**
- MUSHROOM ALFREDO** **\$14.45**  
Spaghetti, Mushrooms, and a Touch of Garlic Tossed in a Light Cream Sauce

## PIZZA

- MARGARITA PIZZA** **\$15.95**
- SMOKED SALMON PIZZA** **\$20.45**  
Smoked Salmon, Sour Cream and Scallions
- SUNDRIED TOMATO PIZZA** **\$15.95**  
Sun-Dried Tomatoes, Mozzarella Cheese, Fresh Basil, and Oregano
- CAJUN CHICKEN PIZZA** **\$16.45**  
Cajun Style Chicken, Mozzarella Cheese, Fresh Basil, Oregano
- CAJUN SHRIMP PIZZA** **\$18.95**  
Cajun Style Shrimp, Mozzarella Cheese, Fresh Basil, and Oregano
- MEATBALL PIZZA** **\$15.95**
- PEPPERONI PIZZA** **\$13.95**
- FOUR CHEESE PIZZA** **\$13.95**

## SPECIALTY PLATES

- Includes 1 Side Dish. Add \$2 For Second Side.  
Choice of Sauces: Ginger Curry, Caribbean, Asian BBQ, Cajun, Lime & Herbs
- SHRIMP **\$18.45**
  - SALMON **\$16.45**
  - SKIRT STEAK **\$16.45**
  - WILD ROCKFISH **\$16.45**
  - GRILLED CHICKEN **\$16.45**
  - TURKEY MEATLOAF **\$14.45**
  - KALE & SQUASH ENCHILADAS **\$15.45**
  - CHICKEN TAQUITOS (GF) **\$15.45**
  - CARNE ASADA PLATE (GF) **\$17.45**
  - CHICKEN ENCHILADAS (GF) **\$18.45**
  - TACOS**
  - GRILLED CHICKEN **\$14.45**
  - SALMON **\$16.45**
  - SHRIMP **\$18.45**
  - SKIRT STEAK **\$16.45**

## SIDE DISHES

- GRILLED ASPARAGUS **\$4.95**
- GRILLED CORN **\$4.95**
- BRUSSELS SPROUTS **\$4.95**
- SAUTEED KALE **\$4.25**
- GRILLED ZUCCHINI **\$4.25**
- STEAMED BROCCOLI **\$4.25**
- SAUTEED MUSHROOMS **\$4.25**
- ROASTED CARROTS **\$3.25**
- BASMATI RICE **\$3.25**
- PANINI BREAD **\$2.50**
- GLAZED CARROTS **\$4.25**
- GLAZED YAMS **\$4.25**
- SPAGHETTI SQUASH **\$4.95**
- ROASTED BUTTERNUT SQUASH **\$4.25**
- GARLIC ROASTED POTATO **\$4.25**
- MASHED POTATOES **\$4.25**
- EGGPLANT **\$4.25**
- RED CABBAGE SLAW **\$3.25**
- BLACK BEANS **\$3.25**
- BROWN RICE **\$3.25**

## DESSERT

- CHOCOLATE CHIP COOKIE **\$2.75**
- OATMEAL CRANBERRY COOKIE **\$2.75**
- APPLE TART TATIN **\$7.50**
- CHOCOLATE CHIP BREAD PUDDING **\$6.50**
- OREO CHEESECAKE **\$7.25**



# JUNIOR COOKIES

## COOKIES & COFFEE

### COOKIES

#### 8-PACK ( \$18)

BUILD YOUR ASSORTMENT OF 8 COOKIES. EACH FLAVOR COMES IN 2 PIECES.  
CHOOSE A TOTAL OF 4 FLAVORS.

#### 16-PACK (\$34)

BUILD YOUR ASSORTMENT OF 8 COOKIES. EACH FLAVOR COMES IN 2 PIECES.  
CHOOSE A TOTAL OF 8 FLAVORS.

#### 24-PACK (\$48)

BUILD YOUR ASSORTMENT OF 8 COOKIES. EACH FLAVOR COMES IN 2 PIECES.  
CHOOSE A TOTAL OF 12 FLAVORS.

### COFFEE & TEA

|                          |        |
|--------------------------|--------|
| LATTE ( HOT OR ICED)     | \$6.00 |
| AMERICANO (HOT OR ICED)  | \$5.00 |
| CHAI LATTE (HOT OR ICED) | \$5.50 |
| TURKISH COFFEE           | \$4.00 |
| BELGIAN HOT CHOCOLATE    | \$5.00 |
| ESPRESSO                 | \$4.00 |
| HOT TEA                  | \$4.00 |
| AFFOGATO                 | \$7.00 |

### ICE CREAM

|   |        |
|---|--------|
| VANILLA ICE CREAM                           | \$5.00 |
| NUTELLA COOKIE ICE CREAM                    | \$8.00 |
| CHURRO DULCE DE LECHE<br>COOKIE ICE CREAM   | \$8.00 |
| CHOCOLATE CHIP COOKIE<br>ICE CREAM SANDWICH | \$6.00 |

### COOKIE FLAVORS

BANANA PUDDING  
FERRERO ROCHER  
CARAMEL DUTCH WAFER  
CREME BRULE  
CHOCOLATE CHIP  
LEMON GLAZE  
CHURRO DULCE DE LECHE  
NUTELLA  
OREO CHEESECAKE  
RASPBERRY LEMON CHEESECAKE  
S'MORES  
TWIX  
CHOCOLATE CHIP  
(PLANT BASED & GLUTEN FREE)





# LATE NIGHT MUNCHIES

AVAILABLE AFTER 8:00PM

## SPECIALTY PLATES

|  |             |
|--|-------------|
| <b>BBQ CHICKEN QUESADILLA</b>  | <b>\$10</b> |
| <b>JALAPEÑO NACHOS</b>   | <b>\$10</b> |
| <b>ANGUS BEEF SLIDERS</b>  | <b>\$12</b> |
| <b>CHICKEN TENDERS</b>   | <b>\$12</b> |
| <b>HOMEMADE GUACAMOLE AND CHIPS</b>  | <b>\$10</b> |
| <b>FRIED CHICKEN SLIDERS</b>   | <b>\$12</b> |
| <b>BACON GRILLED CHEESE</b>  | <b>\$12</b> |
| <b>CHICKEN WINGS (5)</b><br><i>PINEAPPLE, RED HOT OR KOREAN BBQ FLAVOR</i> | <b>\$12</b> |
| <b>BEER BATTERED ONION RINGS</b>   | <b>\$10</b> |
| <b>BUFFALO CAULIFLOWER</b>   | <b>\$10</b> |
| <b>PARMESAN FRIES</b>  | <b>\$8</b>  |
| <b>FRENCH FRIES</b>  | <b>\$6</b>  |

