

Lunch Menu



Served 11am - Close
Monday - Saturday

Salads

Dressings: Golden Italian, Creamy Italian, Caesar, California Dressing, Balsamic Vinaigrette, Russian, Ranch, Greek and Bleu Cheese

California Salad

marinated grilled chicken, fresh avocado, tomatoes and crumbled bacon on a bed of romaine lettuce. served with a side of Dijon mustard ranch dressing 14

Taco Salad

homemade beef chili, black olives, fresh chopped tomatoes, avocado and shredded cheese on romaine lettuce served in a crispy tortilla shell. served with a side of salsa and sour cream 14

Popeye's Spinach Salad

chopped walnuts, dried cranberries, crumbled bacon, tomatoes and goat cheese on a bed of baby spinach. served with a side of balsamic vinaigrette dressing 13

Chef Salad

ham, turkey, American cheese and a hard boiled egg served on a garden salad with your choice of dressing 14

Greek Salad

sliced red onion, tomatoes, cucumber, black olives and feta cheese on romaine lettuce. served with a side of Greek dressing 10
add marinated grilled chicken, tuna salad, chicken salad, egg salad OR seafood salad 4

Caesar Salad

fresh romaine lettuce topped with homemade garlic croutons, tomatoes and grated parmesan cheese. served with a side of Caesar dressing 10
add grilled chicken 4

Garden Salad

sliced cucumber, chopped bell pepper, tomatoes, broccoli and red onion served on a bed of romaine lettuce 10
add marinated grilled chicken, tuna salad, chicken salad, egg salad OR seafood salad 4

Cold Sandwiches

all sandwiches served with your choice of: French fries, potato salad, vegetable pasta, chips or coleslaw
substitute a side salad \$3

Lobster Roll

chilled lobster meat served in a grilled hot dog bun with romaine lettuce. served with your choice of mayo or drawn butter MKT

California Wrap

marinated grilled chicken, avocado, crumbled bacon, romaine lettuce and tomatoes with dijon mustard ranch dressing 13.5

Buffalo Chicken Wrap

crispy breaded chicken, romaine lettuce, red onion and tomato with our homemade buffalo sauce 12.5

Grilled Chicken Caesar Wrap

marinated chicken, romaine lettuce, grated parmesan cheese, Caesar dressing 12.5

Triple Decker Club

cheeseburger OR marinated grilled chicken on your choice of toast with sliced tomatoes, romaine lettuce and bacon 13.5
with deli turkey OR choice of your favorite deli meat or salad 12.5

Chicken Salad OR Tuna Salad BLT Wrap

your choice of either homemade chicken salad OR tuna salad with bacon, lettuce and tomato served in a wrap 12.5

Deli Sandwich (no side included)

your choice of: Chicken Salad, Egg Salad, Seafood Salad, Tuna Salad, Virginia Ham, Roasted OR Deli Turkey, OR a BLT 7.5
served on white, wheat, rye, pumpernickel, wrap or sub roll
add cheese: American, Swiss, Provolone or Cheddar 1.25
add Bacon 1.25

Consumer Advisory: Raw or undercooked meat, poultry, eggs or seafood may increase risk of foodborne illness.

Please inform your server of any food allergies

Prices and availability subject to change

Lunch



Hot Sandwiches

all sandwiches served with your choice of: French fries, potato salad, vegetable pasta, chips or coleslaw

Corned-Beef Rueben

freshly sliced lean corned-beef, sauerkraut, Swiss cheese and Russian dressing on grilled rye bread 12.5

Hot Sub Sandwich

your choice of marinated grilled chicken, shaved steak OR chourico sauteed with onions, peppers, mushrooms and topped with melted cheese 13.5

Meatball Sub

italian style meatballs with melted provolone cheese served on a sub roll 11.5

Chicken or Eggplant Parm Sub

your choice of breaded chicken or eggplant topped with homemade marinara sauce and melted provolone cheese on a sub roll 12

Tuna Melt

homemade tuna salad with American cheese layered together on your choice of grilled bread 11.5

Cuban Sandwich

homemade pulled pork, sliced ham, melted swiss cheese, pickles and yellow mustard, served on grilled pumpernickel bread. served with your choice of side 12.5

Char Grilled Burger

hand formed burger cooked to your liking with lettuce, tomato and red onion on a toasted bun 11.5
add American, Swiss, provolone or cheddar cheese 1.25
add avocado, bacon or sauteed mushroom and onion 1.25 each

Crispy Fish Sandwich

lightly battered cod fish served on a toasted bun with lettuce, tomatoes and a side of homemade tartar sauce 12.5

Grilled Pastrami Sandwich

lean pastrami meat topped with melted swiss cheese and mustard served on grilled rye bread 12.5

Grilled Ham and Cheese

thin sliced ham with melted cheese in between two slices of grilled bread 10.5
plain grilled cheese 7

Marinated Chicken Sandwich

grilled chicken breast with sliced tomatoes, romaine lettuce, sliced red onion and mayo on a toasted bun 12.5

Entrees

RI Style Fish and Chips

lightly battered cod fish served with crispy french fries and a side of homemade tartar sauce 15.5

Boneless Chicken Tenders

breaded chicken tenders served with crispy french fries and your choice of dipping sauce 12
kids portion 6

Fish Tacos (2)

Blackened cod tacos, coleslaw, pico, avocado, yogurt lime dressing 14

Cheeseburger Quesadilla

sauteed ground beef with diced pickles, tomatoes, red onions and thousand island dressing 12

Classic Quesadilla

your choice of marinated grilled chicken or shaved sirloin steak with chopped tomatoes and shredded cheese. served with a side of salsa and sour cream 12
plain cheese quesadilla 7.5
add sliced avocado 2.75

Homemade Soups and Sides

RI Style Clam Chowder

cup 4.5 bowl 6.75

Chili

cup 4.50 bowl 6.75

Soup of the Moment

cup 3.75 bowl 5.25

Side Salad 6

Onion Ring 4.5

French Fries 3.5

Homemade Potato Salad 3.5

Vegetable Pasta Salad 3.5

Creamy Coleslaw 3.5

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