

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, avocado, tomatoes and bacon on romaine lettuce, dijon mustard ranch dressing 15

Taco Salad

beef chili, black olives, chopped tomatoes, avocado and shredded cheese on romaine lettuce in a crispy tortilla shell. side of salsa and sour cream 15

Popeye's Spinach Salad

chopped walnuts, dried cranberries, crumbled bacon, tomatoes and goat cheese on baby spinach, balsamic vinaigrette dressing 15

Chef Salad

ham, turkey, American cheese and a hard boiled egg served on a garden salad with your choice of dressing 15

Greek Salad

sliced red onion, tomatoes, cucumber, black olives and feta cheese on romaine lettuce. served with a side of Greek dressing 11

add marinated grilled chicken, tuna salad, chicken salad, OR egg salad 4

Caesar Salad

romaine lettuce, homemade garlic croutons, tomatoes and grated parmesan cheese, caesar dressing 11

add grilled chicken 4

Garden Salad

cucumber, bell pepper, tomatoes, broccoli and red onion served on romaine lettuce 11

add marinated grilled chicken, tuna salad, chicken salad, OR egg 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 (Seasonal)

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 14

Buffalo Chicken Wrap

crispy breaded chicken, romaine lettuce, red onion and tomato with our homemade buffalo sauce 13

Grilled Chicken Caesar Wrap

marinated chicken, romaine lettuce, grated parmesan cheese, Caesar dressing 13

Triple Decker Club

cheeseburger OR marinated grilled chicken on your choice of toast with sliced tomatoes, romaine lettuce and bacon 15

with deli turkey OR choice of your favorite deli meat or salad 13

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 13

Deli Sandwich (no side included)

your choice of: Chicken Salad, Egg Salad, Tuna Salad, Virginia Ham, Roasted OR Deli Turkey, OR a BLT 8

served on white, wheat, rye, pumpernickel, sourdough, wrap or sub roll

add cheese: American, Swiss, Provolone or Cheddar 1.5

add Bacon 1.5

add avocado 2.75

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 Reuben

freshly sliced lean corned-beef, sauerkraut, Swiss cheese and Russian dressing on grilled rye bread 13

Hot Sub Sandwich

marinated grilled chicken, shaved steak OR chourico add sauteed onions, peppers, and mushrooms, NO CHARGE 14

Meatball Sub

italian style meatballs with melted provolone cheese served on a sub roll 12

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 13

Tuna Melt

homemade tuna salad with American cheese layered together on your choice of grilled bread 12

Char Grilled Burger

hand formed burger cooked to your liking with lettuce, tomato and red onion on a toasted bun 12
add American, Swiss, provolone or cheddar cheese 1.5
add bacon or sauteed mushroom and onion 1.5 each
add avocado 2.75

Crispy Fish Sandwich

lightly battered cod fish served on a toasted bun with lettuce, tomatoes and a side of homemade tartar sauce 13

Grilled Pastrami Sandwich

lean pastrami meat topped with melted swiss cheese and mustard served on grilled rye bread 13

Grilled Ham and Cheese

thin sliced ham with melted cheese in between two slices of grilled bread 12
plain grilled cheese 7

Marinated Chicken Sandwich

grilled chicken breast with sliced tomatoes, romaine lettuce, sliced red onion and mayo on a toasted bun 13

Entrees

RI Style Fish and Chips

lightly battered cod fish served with crispy french fries and a side of homemade tartar sauce 17

Boneless Chicken Tenders

breaded chicken tenders served with crispy french fries and your choice of dipping sauce 13
kids portion 6.5

Cheeseburger Quesadilla

sauteed ground beef with diced pickles, tomatoes, red onions and 1000 island dressing with an extra side of 1000 island for dipping 13

Classic Quesadilla

your choice of marinated grilled chicken or shaved steak with chopped tomatoes and shredded cheese. served with a side of salsa and sour cream 13
plain cheese quesadilla 8
add sliced avocado 2.75

Homemade Soups and Sides

RI Style Clam Chowder

cup 4.75 bowl 7

Chili

cup 4.75 bowl 7

Soup of the Moment

cup 4 bowl 5.5

Side Salad 6

Onion Ring 5

French Fries 4

Homemade Potato Salad 4

Vegetable Pasta Salad 4

Creamy Coleslaw 4

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