

Lunch Specials

SERVED WITH HOMEMADE SOUP & CHOICE OF COFFEE, TEA OR SODA

ARUGULA SALAD 8.95

Portobello Mushroom, Roasted Peppers, Tomatoes, Red Onions and Fresh Mozzarella tossed with Balsamic Vinaigrette
with Grilled Chicken 10.95

AVOCADO and GRAPEFRUIT SALAD 9.95

Arugula, Endive, Avocado, Grapefruit, Slivers of Red Onions and Goat Cheese tossed in our Homemade Citrus Vinaigrette Dressing
with Grilled Chicken 11.95
with Cajun Tilapia 12.95

GRILLED SALMON SALAD 12.95

over Baby Greens, Tomatoes, Hard Boiled Egg, Slivers of Red Onions and Our House Vinaigrette

SPINACH PIE with GREEK SALAD 10.95

Lettuce, Feta Cheese, Olives, Tomatoes, Cucumbers, Red Onions & Radishes tossed with Greek Dressing

WHAT LIES BETWEEN 8.45

Sliced Roast Pork on Baguette topped with Caramelized Red Onion Relish, served with French Fries

AUGUST ZANG 8.95

Croissant with Herbed Goat Cheese, Arugula, Black Olives and Roasted Peppers with Turkey, Ham or Roast Beef, served with French Fries

PROSCIUTTO DE PARMA 8.95

Open Faced Baguette topped with Prosciutto, Asparagus and Arugula tossed with Vinaigrette, served with Zucchini Sticks

THE CAPE CODDER 8.45

Pan Fried Fish Filet with Chili Lime Spread on a Crispy Roll with Tomato, Shredded Lettuce and Cilantro, served with French Fries

On Focaccia

SERVED WITH FRENCH FRIES

PORTOBELLO CHICKEN 9.95

Grilled Chicken with Roasted Peppers, Tomatoes, Fresh Mozzarella and Portobello with Balsamic Vinaigrette Dressing

ARUGULA CHICKEN 9.45

Grilled Chicken with Arugula, Roasted Peppers, Tomato and Slivers of Red Onions with Vinaigrette Dressing

SLICED ROAST BEEF 8.95

with Roasted Peppers, Swiss Cheese, Sliced Tomato and Hummus Spread

SLICED TURKEY 8.95

with Swiss Cheese, Sundried Tomato and Guacamole Spread

VIRGINIA HAM and SLICED TURKEY 9.45

with Arugula, Roasted Peppers and Fresh Mozzarella with Pesto Spread



Think Greek

BEEF or CHICKEN GYRO 8.45

with Shredded Lettuce, Tomato & Red Onions, smothered with Tzatziki Sauce and wrapped in a Pita, served with French Fries

PORK or CHICKEN SOUVLAKI 8.45

Grilled Tender Chunks of Pork or Chicken with Shredded Lettuce, Tomatoes & Red Onions, smothered in Tzatziki Sauce and wrapped in Pita, served with French Fries

Fluffy Omelettes

HEALTHY CHOICE Egg Whites, Mushrooms, Spinach and Tomatoes, served with Cottage Cheese and Whole Wheat Toast **.8.45**

BROCCOLI and CHEDDAR CHEESE served with Home Fries and Toast ... **.7.45**

Hot Open Sandwiches

HOT OPEN MEATLOAF with Potato or Vegetable **.7.45**

BAR-B-QUE BEEF served on a Bun with French Fries **.8.95**

HOT OPEN ROAST BEEF or TURKEY with Potato or Vegetable **.8.95**

Specialty 1/2 lb Burgers

SERVED WITH FRENCH FRIES

- GUACAMOLE BURGER** with Shredded Lettuce, Tomato, Bacon and Grilled Red Onions **.8.75**
- SICILIAN BURGER** with Roasted Peppers, Grilled Red Onions, Tomato, Basil and Fresh Mozzarella with a Touch of Balsamic Vinaigrette ... **.8.95**
- HAWAIIAN BURGER** Teriyaki Glazed Pineapple, Caramelized Red Onion, Cheddar Cheese, Shredded Lettuce and Tomato with Chili Lime Spread ... **.8.75**



Refreshing Cold Salad Sandwiches

ON CHOICE OF BREAD AND SERVED WITH POTATO SALAD

- SHRIMP SALAD** **.7.45**
- TUNA SALAD** **.6.95**
- CHICKEN SALAD** **.5.95**

NO SUBSTITUTIONS PLEASE