

STARTERS

Soup du Jour Cup \$2.95 Bowl \$4.50 Freshly made soup of the day served with a house baked roll.	Mozzarella Styx\$6.50 Lightly breaded Mozzarella cheese served with a marinara dipping sauce
Chicken Tenders (5)\$6.50	Penne a la Vodka\$5.50 Smaller portion of pasta served in a delicate tomato and cream sauce with garden peas. Add chicken \$3.25.
Chicken Wings (mild, hot or teriyaki sauce)\$6.50	
Housemade Crab Cake (1)\$7.25 Served over mixed greens with a honey lemon white wine sauce	

SALADS Small \$7.25 / Large \$8.75

All of our salad dressings are prepared on premise. Pick your dressing: Blue cheese, Ranch, olive oil, balsamic or red wine vinegar, balsamic vinaigrette. Extra side of dressing, add \$.50 - **Add chicken to any salad - \$3.25**

House – Iceberg lettuce, cucumber, carrots, black olives, tomato, red onions

Classic Chicken Caesar – Romaine lettuce, grated parmesan cheese, chicken, croutons, Caesar dressing

Apple Walnut – Romaine, tomatoes, goat cheese, apples, walnuts

International – Mixed greens, grilled chicken, Portobello mushroom, mozzarella cheese, roasted peppers, balsamic vinaigrette

SANDWICHES \$7.50

All sandwiches are served with the Chef's housemade coleslaw and a pickle. Choice of white, rye or whole wheat bread.
Add French fries or sweet potato fries for an additional \$2.50. Add cheese \$.50; add bacon \$1.00; add lettuce & tomato \$.50.

Ham, Turkey or Tuna Sandwich – With lettuce and tomato.

Tuna Melt – With Swiss cheese

Patty Melt – With hamburger, Swiss cheese, fried onions

Grilled or Crispy Chicken – With lettuce, tomato, onion

BLT – Bacon, lettuce, tomato, mayo

Chicken Parmesan Sub

Eggplant Parmesan Sub

PANINIS \$7.50

All paninis are served with the Chef's housemade coleslaw and a pickle. **Add French or sweet potato fries \$2.50.**

Turkey – Provolone, red onion, lettuce, tomato, honey mustard

Italian – Grilled chicken, roasted peppers, fresh mozzarella,
balsamic vinaigrette dressing

Eggplant – Lettuce, tomato, fresh mozzarella, balsamic
vinaigrette dressing

WRAPS \$7.50

Regular or whole wheat. All wraps are served with the Chef's housemade coleslaw and a pickle. **Add French or sweet potato fries \$2.50.**

Crispy Chicken – Swiss, lettuce, tomato, onion, Ranch dressing.

Tuna – Swiss, lettuce, tomato, onions.

Caesar Chicken – Romaine lettuce, grated parmesan,
Caesar dressing.

Balsamic Wrap – Grilled chicken, peppers, mozzarella, basil
and vinaigrette

FIRE UP THE GRILL

Add bacon \$1.00; add cheese \$.50; add French or sweet potato fries or onion rings \$2.50.

Beef Hot Dog.....\$3.50

Plain or with onions

Beef or Chicken Cheese Steak.....\$6.50

Provolone cheese, onions and peppers

Grilled Cheese\$3.50

With tomato and bacon.....\$4.50

With grilled Virginia baked ham.....\$4.75

Burger\$5.50

Choice of beef, turkey or black bean. Served with lettuce,
tomato, onions (raw or sautéed)

ENTRÉES \$9.75

Spicy Grilled Chicken Chipotle - served with Spanish rice
and sautéed seasonal vegetables

Arroz con Pollo - traditional chicken, beans and Spanish rice

Pan-Fried Chicken Breast - topped with chopped mixed
greens, tomato, roasted peppers, Mozzarella cheese and
balsamic vinaigrette

Eggplant Parmesan - traditional eggplant parmesan served
with penne pasta

Vegetable Stir Fry - market fresh vegetables stir-fried in
sesame oil with ginger, garlic and soy sauce served with
brown rice. Add grilled chicken \$3.25.

Pasta Primavera - penne pasta, diced yellow and green
squash, red peppers, broccoli in a light cream sauce

Penne a la Vodka - pencil point pasta served in a delicate
tomato and cream sauce with garden peas. Add grilled chicken
\$3.25.

Chicken Francaise - egg-dipped chicken breast served in a
white wine, lemon butter sauce with penne pasta

Chicken Parmesan - boneless breast of chicken Parmesan,
marinara with penne pasta

Grilled Salmon - served with sautéed vegetables in a
rosemary and white wine sauce\$10.75

SIDES

Fresh baked roll.....\$.50

Potato chips.....\$1.25

**French fries (regular or sweet potato), onion rings,
coleslaw, brown rice, Spanish rice, sautéed
seasonal vegetables or grilled chicken**\$3.25

BEVERAGES

Bottled Water.....\$1.50

Fountain Soda\$2.25

Coke, diet Coke, Sprite, Dr. Pepper, ginger ale, seltzer

Iced Tea (sweetened/unsweetened), **Milk,**

Bottled Chocolate Milk.....\$2.25

Milkshakes (vanilla, chocolate or strawberry)\$4.25

Hot Chocolate.....\$1.50

Hot Tea (regular or decaf)\$1.50 / \$2.25

All Bottled Drinks.....\$2.25

Starbucks Coffee (regular or decaf) Small \$2.35 / Large \$2.65

Starbucks Iced Coffee\$2.65

Add flavor.....\$.50

Check our "Grab-N-Go" for other beverage and food choices.

DESSERTS

Ice cream (per scoop), **rice pudding, chocolate/
vanilla pudding, or Jell-O**\$2.00

Brownie or pastries.....\$2.50

Cookies\$2.00

Our breakfast menu is available all day upon request.