



Starters

- Soup du Jour** Cup: .....\$3.30 Bowl: .....\$4.76  
Freshly made soup of the day served with a house baked roll
- Chicken Tenders** (5) .....\$7.56
- Chicken Wings** (mild, hot or teriyaki sauce) .....\$7.56
- Cheese Quesadilla** (onion, tomato) .....\$6.44
- Chicken and Cheese Quesadilla** (onion, tomato) .....\$8.96
- Mozzarella Styx** .....\$7.56  
Lightly breaded mozzarella cheese served with a marinara dipping sauce

- Penne a la Vodka** .....\$7.28  
Small portion of pasta in a delicate tomato and cream sauce with garden peas. Add chicken .....\$4.76
- Rigatoni Pasta** .....\$7.28  
With pesto sauce. Add grilled chicken .....\$4.76
- Hummus with Pita** .....\$8.50
- Hummus with Vegetables** .....\$8.50  
Cucumbers, carrots and red peppers

All of our salad dressings are prepared on premise. Dressings: Blue cheese, Thousand Island, Ranch, olive oil, balsamic or red wine vinegar, balsamic vinaigrette. **Extra side of dressing, add - \$0.59. Add chicken to any salad - \$4.76**

Salads

- House** – Romaine lettuce, cucumber, carrots, black olives, tomato, red onions
- Classic Chicken Caesar** – Romaine lettuce, grated parmesan cheese, chicken, croutons, Caesar dressing
- Apple Walnut** – Romaine lettuce, tomatoes, goat cheese, apples, walnuts, grilled chicken **\$9.52**
- Cranberry Almond Salad** – Spring mix, goat cheese, red onions, grilled chicken, almonds, cranberries
- International** – Mixed greens, grilled chicken, Portabella mushroom, mozzarella cheese, roasted peppers, balsamic vinaigrette

All sandwiches/paninis/wraps served with a pickle. Coleslaw served upon request. Choice of white, rye or whole wheat bread, roll. **Add French fries - \$3.36 or sweet potato fries or seasoned French fries (Old Bay®) - \$3.64**

Sandwiches

- Ham, Turkey, Tuna or Chicken Sandwich** – Lettuce and tomato
- Tuna Melt** – Swiss cheese
- Patty Melt** – Hamburger, Swiss cheese, fried onions

- Grilled or Crispy Chicken** – Lettuce, tomato, onion
- BLT** – Bacon, lettuce, tomato, mayo **\$8.96**
- Add cheese - \$0.59; add bacon - \$1.12**

Paninis

- Turkey** – Provolone, red onion, lettuce, tomato, honey mustard
- Italian** – Grilled chicken, roasted peppers, fresh mozzarella, balsamic vinaigrette dressing

- Portabella Mushroom** – Spring mix, fresh mozzarella, tomato, roasted red peppers drizzled with a pesto mayo **\$8.96**

Wraps

- Crispy Chicken** – Swiss, lettuce, tomato, onion, Ranch dressing.
- Tuna** – Swiss, lettuce, tomato, onions
- Samosa** – Vegetable samosa, provolone cheese, lettuce, onions, tomato, with lemon juice, hot sauce, chipotle mayo and cilantro

- Caesar Chicken** – Romaine lettuce, grated parmesan, Caesar dressing. **\$8.96**
- Balsamic Wrap** – Grilled chicken, peppers, mozzarella, basil and vinaigrette

Fire Up The Grill

- Beef Hot Dog** .....\$3.92  
Plain or with onions
- Bacon, Egg and Cheese or Ham, Egg and Cheese**.....\$4.51  
**Add bacon - \$1.12; add cheese - \$0.59**

- Grilled Cheese** .....\$3.92  
With tomato and bacon .....\$5.04  
With grilled Virginia baked ham .....\$5.32
- Burger** .....\$6.44  
Choice of beef or black bean. With lettuce, tomato, onions (raw or sautéed)

Entrées \$11.76

- Spicy Grilled Chicken Chipotle** - with brown rice and sautéed seasonal vegetables
- Pan-Fried Chicken Breast** - topped with chopped mixed greens, tomato, roasted peppers, mozzarella cheese and balsamic vinaigrette
- Chicken Francaise** - egg-dipped chicken breast in a white wine, lemon butter sauce 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 .....\$4.76

- Penne a la Vodka** - pencil point pasta in a delicate tomato and cream sauce with garden peas. Add grilled chicken .....\$4.76
- Rigatoni Pasta** - with pesto sauce. Add grilled chicken .....\$4.76
- Cheese Ravioli** - with marinara sauce
- Chicken Parmesan** - boneless breast of chicken parmesan, marinara with penne pasta
- Grilled Salmon** - with sautéed vegetables in a rosemary and white wine sauce.....\$13.44

Sides

- Fresh Baked Roll**.....\$0.59
- Potato Chips** .....\$1.40
- French Fries** .....\$3.36

- Sweet Potato Fries or Seasoned French Fries (Old Bay)** .....\$3.64
- Coleslaw, Brown Rice, Sautéed Seasonal Vegetables** .....\$3.92
- Grilled Chicken**.....\$4.76

Beverages

- Bottled Water**.....\$1.00
- Fountain Drinks**.....\$2.52  
Coke, diet Coke, Sprite, lemonade, iced tea (sweetened/unsweetened), ginger ale, seltzer, orange juice, apple juice, cranberry juice
- Milkshakes** (vanilla, chocolate).....\$4.76
- Powerade** .....\$3.29

- Hot Chocolate**.....\$3.64
- Hot Tea** (regular or decaf).....\$0.80
- Starbucks Coffee** (regular) Small \$2.63 / Large \$2.97
- Starbucks Iced Coffee** .....\$2.97
- Coffee** (Cappuccino, Latte, Mocha).....\$3.64
- Espresso** ..... Single \$2.24 / Double \$3.64

Desserts

- Vanilla/Chocolate Ice Cream** (per scoop),  
**Chocolate Pudding, or Jell-O** .....\$2.52

- Pastries**.....\$2.80
- Cookies** .....\$0.75 each
- Cake**.....\$3.64

Healthy Options

- Asian Sesame Chicken Salad** .....\$9.52  
Red cabbage, Romaine lettuce, shredded carrots, edamame beans, sesame seeds, grilled chicken, sliced almonds, tangerines with a toasted sesame dressing
- Strawberry Poppyseed Salad** .....\$9.52  
Romaine, blueberries, pineapple slices, strawberries, and poppyseed dressing

- Beef Burger or Black Bean Burger or side of Grilled Chicken (choice of steamed vegetables or a garden salad)** .....\$10.64  
Romaine lettuce, carrots, tomato, cucumber (No substitute)
- Grilled Salmon Salad**.....\$13.44  
Spring mix, apples, pecans, cranberries, goat cheese with apple cider vinaigrette dressing
- Grilled Salmon with Steamed Vegetables** .....\$13.44

Add a garden salad to any entrée or sandwich - \$4.48. No substitutions.