

# Lunch

*Entrées include a basket of homemade breads and three lunch sides*

<b>Grilled Rosemary Salmon</b> (GF, DF) verlasso salmon, fresh rosemary, thyme, garlic & olive oil	20.95
<b>Broiled Salmon</b> (GF) verlasso salmon, herb butter, fresh dill, white wine & capers	20.95
<b>Broiled Rainbow Trout</b> (GF) brown butter, with or without almonds	17.95
<b>Grilled Cajun Catfish</b> (GF, DF) local brown rice, tartar or cocktail sauce & two sides	15.95
<b>Fried Catfish</b> tartar or cocktail sauce	15.95
<b>Pot Roast</b> slow roasted inside round with carrots & onions	15.95
<b>Local Grass-Fed Chicken Fried Steak</b> traditional or jalapeño cream gravy	15.95
<b>Grilled Center Cut Pork Chop</b> (GF, DF) seasoned with salt & pepper	15.95
<b>Local Grass-Fed Meat Loaf</b> (GF) tomato sauce with scallions & cheddar cheese or white wine mushroom sauce	14.95
<b>Walnut Crusted Chicken</b> fried breast with honey dijon drizzle	14.95
<b>Jamaican Jerk Chicken</b> (GF, DF) spicy grilled breast, local brown rice & two sides	14.95
<b>Chicken St. Caroline</b> (GF) grilled or fried breast, melted mozzarella & white wine mushroom sauce	14.95
<b>Chicken Fried Chicken</b> traditional or jalapeño cream gravy	14.95
<b>Light Herb Chicken</b> (GF, DF) grilled breast, oregano, basil & thyme	14.95
<b>Rosemary Roasted Chicken</b> (GF) white or dark quarter chicken, parmesan & rosemary	14.95
<b>Chicken &amp; Dumplings</b> chicken, homemade parsley dumplings, carrots, peas & one side	11.95
<b>Vegetable Plate</b> four of today's lunch sides	12.95

# Sandwiches

*Includes chips & salsa and one lunch side*

*Substitute gluten free bread for 1.00*

## **Santa Fe Chicken Wrap** 13.95

grilled chicken, avocado, pepper jack cheese, leaf lettuce, roasted corn & black bean pico de gallo, chipotle ranch & whole wheat tortilla  
*gluten free option: served as two corn tortilla tacos*

## **Sammy's Spicy Chicken Breast Sandwich** 13.95

fried or grilled chicken breast, lettuce, tomato, onion, pepper jack, spicy sauce, blue cheese dressing & wheat bun

## **Turkey Club** 13.95

sliced turkey, bacon, mozzarella, spinach, tomato, sprouts, mayo & sourdough or nine grain bread

## **Avocado Sandwich** 12.95

sliced avocado, provolone, spinach, tomato, sprouts, red onion, grilled peppers, herb mayo, nine grain bread & potato chips

# Salads & Soups

*Includes a basket of homemade breads*

## **Walnut Crusted Chicken Salad** 14.95

fried walnut crusted chicken breast, field greens, sliced mandarin oranges, dried cranberries, tomatoes, red bell peppers, candied walnuts, blue cheese crumbles & honey dijon dressing

## **Fried Chicken Salad** 14.95

spicy fried chicken breast, cucumbers, tomatoes, onion, hard-boiled egg, cilantro, croutons, mozzarella & ranch dressing

## **Quinoa, Avocado & Kale Salad (GF, DF, V)** 13.95

organic quinoa, baby kale, roasted corn, black beans, tomatoes, avocado & olive oil  
*add grilled chicken or 3 oz salmon for 5.95; add 6 oz grilled salmon for 11.95*

## **Chicken Salad** 13.95

traditional chicken salad over leaf lettuce, toasted walnuts & fresh fruit

## **Soup & Salad** cup 7.95 bowl 10.95

today's soup & fresh garden salad or one lunch side

# Desserts

## **Homemade Fruit Cobbler** 5.95

## **Homemade Chocolate or Coconut Cream Pie** 6.95

graham cracker crust & fresh whipped cream

## **Homemade Banana Pudding (GF)** 6.95

fresh bananas, gluten free vanilla wafers & fresh whipped cream

## **Homemade Brownie Sundae** 7.95

walnut brownie, Haagen Dazs vanilla ice cream, dark chocolate sauce & walnuts

*\*Nut-free brownie available upon request\**

## **Haagen Dazs Vanilla Ice Cream** 3.95