



APPETIZERS

Fried Calamari

Breaded Calamari Deep Fried to a Golden Brown Served with Spicy Marinara

\$7.95/cal 360

Mediterranean Hummus Platter

Fresh Vegetables with Roasted Red Pepper Hummus, Feta Cheese and Grilled Naan

\$7.95/cal 699

Zucchini and Carrot Tempura

Served with Sriracha Ranch Dipping Sauce

\$6.95/cal 200

Rotisserie Chicken BBQ Flat Bread

Topped with Goat Cheese, Radish, Arugula, and a Balsamic Glaze

\$8.95/cal 973

SOUPS

White Chili & Jalapeno Corn Muffin

\$5.95/cal 210

Add Chicken for \$1.00

Soup du Jour

\$4.95

Calories vary

1/2 Sandwich & Soup

Tomato Smoked Gouda Soup with Grilled Cheese on Texas Toast

\$6.95/cal 350

SALADS

Chicken Quinoa Salad with Kale

Tossed with Pecans, Feta, Cranberries, and Roasted Corn

\$10.95/cal 760

Seared Tuna & Avocado Salad

Tossed with Red Onion, Tomato, Carrot, Cabbage & Cilantro

\$11.95/cal 158

Mixed Greens with Skirt Steak Salad

Tossed with Carrots, Tomato, Corn, Black Olives, Scallions & Cilantro

\$12.95/cal 490

Cavatappi Salad with Pulled Chicken

Tossed with Arugula, Red Onion, Broccoli, and Balsamic Vinaigrette

\$11.95/cal 315

Caesar Salad

Tossed with Parmesan Cheese, Tomato, and Croutons

\$10.95/cal 490

Add Chicken \$2.00 / +183

Add Steak \$3.00 / +390

Grilled Salmon Salad

Field Greens, Grand Marnier Oranges, Cherry Tomatoes, Carrots & Balsamic Dressing

\$12.95/cal 500

Signature Items

Heart Healthy

HANDHELDS

House Roasted Turkey Sandwich

Toasted Ciabatta Roll with Arugula & Cranberry Mayonnaise

\$10.95/cal 415

Reuben Meltdown

On Marble Rye with Sauerkraut, Swiss Cheese & 1000 Island Dressing

\$10.95/cal 455

Chicken Portobello Baguette

Tomato, Lettuce, Roasted Red Pepper, Dijon Mustard Vinaigrette

\$10.95/cal 340

Grilled Vegetable Baguette

Zucchini ,Squash, Portobello, Tomatoes, Red Pepper, Spinach & Parmesan Cheese

\$9.95/cal 314

Grass Fed Burger

Served on Toasted Brioche with Lettuce, Tomato, Onions, and Choice of Cheese:

Smoked Munster, Gouda, Swiss or American

\$12.95/ Cal 610

All Sandwiches Served With One Side:

Fries/cal 130, Fruit Cup/cal65 ,Broccoli/cal 52

Creamy Cole Slaw/cal 65, Onion Rings/cal 275

PASTAS

Bow Tie Pasta with Red Pepper Cream Sauce

Tossed with Portobello, Onion, Roasted Red Peppers

\$12.95/cal 870

Angel Hair Pasta with Roasted Tomatoes

Tossed with Red and Green Peppers, Onion, Zucchini, Squash, Portobello in a Wine Sauce

\$12.95/cal 640

Penne Pasta

With Portobello, Broccoli, Carrots, Pea, Zucchini, Spinach, Parmesan Cheese in a Garlic Broth.

\$12.95/cal 590

Add to Any Pasta

Add Chicken + 2

Add Salmon + 3



Center Plate

Ribeye Steak

10oz Steak with the Choice of 2 Sides

\$18.95/cal 910

Pork Marsala Cutlets

8oz Pork Cutlets Sautéed in Marsala Wine. Served with 2 Sides

\$18.95/cal 426

Herb Roasted Chicken

Herb Roasted Boneless Breast of Chicken Served with 2 Sides

\$17.95/cal 546

Grilled Salmon

8oz Salmon Fillet Served with 2 Sides

\$18.95/cal 478

Guest House Fish and Chips

Served with Tartar Sauce

\$10.95/cal 796

SIDES

Cole Slaw/cal 65

Natural Fries/cal 130

Broccoli/cal 52

Glazed Carrots/cal 92

Smashed Potatoes/cal 140

Herbed Rice /cal 200

Additional Side Options

Cup of Soup \$1.95

House Salad \$1.95



Ask About our Featured Entree



TASTY BITES

GELATO

Italian Cookie
Or
Chocolate Hazelnut
\$5.95/cal 220

SORBET

Raspberry
Or
Pineapple
\$4.95/cal 100

Soft Drinks— \$2.00

- Pepsi/cal 100
- Diet Pepsi/cal 0
- Sierra Mist/cal 94
- Root Beer/cal 100
- Pink Lemonade/cal 99

Starbucks Coffee — \$2.00

Regular/cal 2.5 or Decaf/cal 2



**Starbucks Teavana
Hot Tea — \$2.00**

Milk — \$2.35

- Whole /cal 150
- 2%/cal 120
- Skim/cal 90

Juice — \$2.35

- Cranberry/cal 120
- Orange/cal 110
- Apple/cal 120

DRINKS