

*****LUNCH MENU*****

Appetizers...

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| Greek Meatballs - Spicy greek meatballs, marinara, parmesan | 10 |
| Hummus - Hummus with choice of pita chips or crisp vegetables | 10 |
| Beefsteak Tomato & Gorgonzola - Red onions, olive oil, balsamic, basil | 10 |
| Caprese - Tomatoes, buffalo mozzarella, pine nuts, basil, olive oil, balsamic | 12 |
| Crab Stuffed Shrimp - Shrimp with crab stuffing, scampi style | 13 |
| Fried Calamari - Calamari w/spicy marinara or Rhode Island style | 14 |
| Baked Brie - Brie, toasted hazelnuts, caramelized onions, apricot preserves in pastry pouch, apples, pears, grapes, baguette (pls allow 18-22 mins) | 15 |

...Salads & More... *GVC Dijon Vinaigrette, Non-fat raspberry vinaigrette, Caesar, lemon oregano, bleu cheese, ranch or champagne vinaigrette, cilantro ranch*

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| Caesar - Hearts of romaine, garlic croutons, parmesan, Caesar dressing | 10 |
| with grilled chicken 13 with grilled shrimp 14 | |
| Chopped - Grilled chicken, lettuce, crispy bacon, bleu cheese, egg, avocado, tomatoes, red onion, chopped fine and tossed in champagne vinaigrette | 16 |
| substitute shrimp for chicken 18 | |
| Steak - Marinated flank steak*, iceberg and romaine lettuce, feta cheese, tomatoes, red onion, cucumbers, cherry pepper, pepperoncini, lemon oregano dressing | 19 |
| Greek - Field greens, cucumbers, feta cheese, roasted red peppers, tomatoes, red onions, kalamata olives, lemon oregano dressing | 13 |
| with grilled chicken 16 with grilled or spicy blackened salmon* 21 | |
| Blackened Salmon Caesar - Spicy blackened filet of salmon*, hearts of romaine, garlic croutons, mandarin oranges, pineapple, Caesar dressing | 21 |
| Summer Salad - Blackened Chicken, romaine, butternut squash, roasted beets, red onion, avocado, tomatoes, cucumber, cilantro ranch dressing | 19 |
| Beet Salad w/Grilled Salmon - Field greens, goat cheese, candied walnuts, roasted red pepper, balsamic vinegar & olive oil | 23 |
| Sesame Ahi Tuna Salad - Seared sesame crusted Ahi*, field greens, cucumber, tomato, red onion, soy-ginger dressing & wasabi aioli drizzle | 22 |
| Poached Salmon Platter - Chilled salmon fillet, artichokes, tomatoes, red onions, capers, asparagus, cherry pepper, crackers, dill scallion sauce | 18 |
| Soup of the Day | 6 |

...Wraps... *Served on tortilla wrap with mixed salad*

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| Hummus & Veggie - Hummus, avocado, red bell pepper, spinach, red onion, cucumber, tomato, tahini | 13 |
| Blackened Chicken - Blackened chicken, romaine, tomato, ceasar dressing | 14 |
| JBLTA - Jalapeno-bacon, lettuce, tomato, avocado, mayo | 13 |
| with turkey 17 | |

...Sandwiches... Served on toasted baguette with garlic fries

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| Roast Turkey - Turkey, provolone, lettuce, tomato, red pepper mayo | 14 |
| Portobello Steak Philly - Flank Steak*, portobello, onion, pepper, gouda | 17 |
| Italian Cold Cut - Capicola, genoa salami, ham, provolone, hot peppers, onion, tomato | 13 |
| Eggplant Parm - Eggplant, marinara, hot peppers, mozzarella, parmesan | 14 |
| Grilled Chicken - Chicken breast, swiss, bacon, lettuce, tomato, onion, red pepper mayo | 13 |
| Salmon* Burger - Freshly ground salmon patty, tomato, mixed greens, dill scallion sauce | 15 |
| Mr. C's Burger* - Provolone, grilled onion & mushrooms, lettuce & tomato | 14 |
| Chicken Parm - Chicken breast, marinara, hot peppers, mozzarella, parmesan, garlic fries | 15 |

...Pizza...or create your own combination ~Gluten Free crust available for an additional \$5~

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| Margherita - Roma tomatoes, mozzarella, goat cheese, marinara, fresh basil | 16 |
| Pepperoni and Mushroom - Pepperoni, mushrooms, marinara, mozzarella | 16 |
| Prosciutto - Prosciutto, caramelized onions, fresh basil, marinara, mozzarella | 16 |
| Four Cheese - White pizza with fontina, mozzarella, gorgonzola, parmesan, basil | 16 |
| Barbecue Chicken - Chicken, bbq sauce, mozzarella, gouda, scallions, caramelized onions | 16 |

...Pasta... Small house salad, Caesar salad or soup available with any pasta dish 5

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| Penne ala Vodka - Penne, prosciutto, asparagus, parmesan cheese, basil, pink vodka sauce | 17 |
| Bowtie Olivia - Bowtie, sundried tomato, olives, onions, goat cheese, olive oil garlic | 16 |
| Pasta Pomodoro - Linguine, crushed tomatoes, garlic, olive oil, basil, fresh mozzarella | 17 |
| *Add Chicken +\$2 or Shrimp +\$3 to any of the above pastas* | |
| Fettuccine Alfredo - Fettuccine, tomato, green peas, alfredo sauce | 16 |
| *with Blackened Chicken 18 *with Blackened Shrimp 22 | |
| Chicken Gorgonzola - Penne, grilled chicken, roasted red peppers, gorgonzola sauce | 17 |
| Spaghetti and Meatballs - Spaghetti, marinara sauce, homemade meatballs | 16 |
| Cheese Ravioli - Ricotta cheese ravioli, romano cheese, mozzarella, pink sauce | 16 |
| Mushroom Ravioli - Mushroom filled ravioli, Portobello mushroom cream sauce | 16 |
| Baked Manicotti - Ricotta stuffed pasta, marinara sauce, mozzarella cheese | 17 |
| Linguine with Clams - Linguine, baby clams, red or white sauce, littleneck clam garnish | 20 |
| Seafood Fra Diavolo - Linguine, clams, shrimp, calamari, scallops, mussels, spicy tomato sauce or white wine garlic olive oil | 22 |
| Eggplant Parmesan - Eggplant, marinara, mozzarella, parmesan & spaghetti marinara | 19 |

...A la Carte Entrees...Add a Small House salad, Caesar Salad or Soup \$5

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| Chicken Marsala - marsala wine & mushroom sauce served over angel hair pasta | 17 |
| Chicken Parmesan - marinara, mozzarella, parmesan & spaghetti marinara | 17 |
| Grilled Salmon* - tarragon butter sauce, seasonal vegetables, rice | 23 |
| Ahi Tuna* - Sesame Crusted Ahi*, seared rare, soy-ginger, wasabi, asparagus, rice | 24 |
| Chilean Sea Bass* - Pan seared, soy-ginger, garlic, seasonal vegetables, rice | 34 |
| Filet* & Fries - 6 oz Filet Mignon, bearnaise sauce, garlic fries | 29 |

*These items are cooked to order and may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. **SPLIT PLATE CHARGE \$2**