

LUNCH MENU

Appetizers...

	Reg
Greek Meatballs - Spicy greek meatballs, marinara, parmesan	11
Hummus - Hummus with choice of pita chips or crisp vegetables	10
Beefsteak Tomato & Gorgonzola - Red onions, olive oil, balsamic, basil	11
Caprese - Tomatoes, buffalo mozzarella, pine nuts, basil, olive oil, balsamic	13
Crab Stuffed Shrimp - Shrimp with crab stuffing, scampi style	14
Fried Calamari - Calamari w/spicy marinara or Rhode Island style	15
Baked Brie - Brie, toasted hazelnuts, caramelized onions, apricot preserves in pastry pouch, apples, pears, grapes, baguette (pls allow 18-22 mins)	17

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

Caesar - Hearts of romaine, garlic croutons, parmesan, Caesar dressing with grilled chicken 15 with grilled shrimp 16	11
Chopped - Grilled chicken, lettuce, crispy bacon, bleu cheese, egg, avocado, tomatoes, red onion, chopped fine and tossed in champagne vinaigrette substitute shrimp for chicken 18	17
Steak - Marinated flank steak*, iceberg and romaine lettuce, feta cheese, tomatoes, red onion, cucumbers, cherry pepper, pepperoncini, lemon oregano dressing	20
Greek - Field greens, cucumbers, feta cheese, roasted red peppers, tomatoes, red onions, kalamata olives, lemon oregano dressing with grilled chicken 18 with grilled or spicy blackened salmon* 23	14
Blackened Salmon Caesar - Spicy blackened filet of salmon*, hearts of romaine, garlic croutons, mandarin oranges, pineapple, Caesar dressing	22
Summer Salad - Blackened Chicken, romaine, butternut squash, roasted beets, red onion, avocado, tomatoes, cucumber, cilantro ranch dressing	20
Beet Salad w/Grilled Salmon - Field greens, goat cheese, candied walnuts, roasted red pepper, balsamic vinegar & olive oil	24
Sesame Ahi Tuna Salad - Seared sesame crusted Ahi*, field greens, cucumber, tomato, red onion, soy-ginger dressing & wasabi aioli drizzle	24
Poached Salmon Platter - Chilled salmon fillet, artichokes, tomatoes, red onions, capers, asparagus, cherry pepper, crackers, dill scallion sauce	19
Soup of the Day	7

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

Hummus & Veggie - Hummus, avocado, red bell pepper, spinach, red onion, cucumber, tomato	14
Blackened Chicken - Blackened chicken, romaine, tomato, ceasar dressing	15
JBLTA - Jalapeno-bacon, lettuce, tomato, avocado, mayo with turkey 18	15

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

Roast Turkey - Turkey, provolone, lettuce, tomato, red pepper mayo	15
Portobello Steak Philly - Flank Steak*, portobello, onion, pepper, gouda	18
Italian Cold Cut - Capicola, genoa salami, ham, provolone, hot peppers, onion, tomato	15
Eggplant Parm - Eggplant, marinara, hot peppers, mozzarella, parmesan	15
Grilled Chicken - Chicken breast, swiss, bacon, lettuce, tomato, onion, red pepper mayo	15
Salmon* Burger - Freshly ground salmon patty, tomato, mixed greens, dill scallion sauce	16
Mr. C's Burger* - Provolone, grilled onion & mushrooms, lettuce & tomato	15
Chicken Parm - Chicken breast, marinara, hot peppers, mozzarella, parmesan, garlic fries	16

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

Margherita - Roma tomatoes, mozzarella, goat cheese, marinara, fresh basil	17
Pepperoni and Mushroom - Pepperoni, mushrooms, marinara, mozzarella	17
Prosciutto - Prosciutto, caramelized onions, fresh basil, marinara, mozzarella	17
Four Cheese - White pizza with fontina, mozzarella, gorgonzola, parmesan, basil	17
Barbecue Chicken - Chicken, bbq sauce, mozzarella, gouda, scallions, caramelized onions	17

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

Penne ala Vodka - Penne, prosciutto, asparagus, parmesan cheese, basil, pink vodka sauce	18
Bowtie Olivia - Bowtie, sundried tomato, olives, onions, goat cheese, olive oil garlic	18
Pasta Pomodoro - Linguine, crushed tomatoes, garlic, olive oil, basil, fresh mozzarella	18
Add Chicken +\$2 or Shrimp +\$3 to any of the above pastas	
Fettuccine Alfredo - Fettuccine, tomato, green peas, alfredo sauce	18
*with Blackened Chicken 20 *with Blackened Shrimp 21	
Chicken Gorgonzola - Penne, grilled chicken, roasted red peppers, gorgonzola sauce	18
Spaghetti and Meatballs - Spaghetti, marinara sauce, homemade meatballs	17
Cheese Ravioli - Ricotta cheese ravioli, romano cheese, mozzarella, pink sauce	17
Mushroom Ravioli - Mushroom filled ravioli, Portobello mushroom cream sauce	18
Baked Manicotti - Ricotta stuffed pasta, marinara sauce, mozzarella cheese	18
Linguine with Clams - Linguine, baby clams, red or white sauce, littleneck clam garnish	21
Seafood Fra Diavolo - Linguine, clams, shrimp, calamari, scallops, mussels, spicy tomato sauce or white wine garlic olive oil	23
Eggplant Parmesan - Eggplant, marinara, mozzarella, parmesan & spaghetti marinara	20

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

Chicken Marsala - marsala wine & mushroom sauce served over angel hair pasta	18
Chicken Parmesan - marinara, mozzarella, parmesan & spaghetti marinara	18
Grilled Salmon* - tarragon butter sauce, seasonal vegetables, rice	24
Ahi Tuna* - Sesame Crusted Ahi*, seared rare, soy-ginger, wasabi, asparagus, rice	25
Chilean Sea Bass* - Pan seared, soy-ginger, garlic, seasonal vegetables, rice	35
Filet* & Fries - 6 oz Filet Mignon, bearnaise sauce, garlic fries	32

*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**