## BREAKFAST for LUNCH

## BREAKFAST BURRITO

Two scrambled eggs with bacon, ham, or sausage, cheddar cheese, and housemade pico de gallo wrapped in a flour tortilla, served with housemade chips$\$ 10$

Sub fries, potato salad, or fruit... $\$ 1.5$

## BREAKFAST SANDWICH

Croissant or biscuit with choice of bacon, ham, or sausage folded in fluffy eggs topped with American cheese and served with housemade chips $\$ 10$
Sub fries, potato salad, or fruit... $\$ 1.5$

## SCRAMBLED EGGS

2 eggs served with bacon strips and toast
\$7
Add two sausage links... $\$ 2$ grilled ham... $\$ 3$

## OMELET

3-egg omelet served with toast and housemade chips ... $\$ 8 \mathrm{~V}$ Sub fries, potato salad, or fruit... $\$ 1.5$

Add: American, cheddar, provolone, or Swiss cheese...\$7ea mushrooms, onions, peppers, or tomatoes...\$1ea diced ham, bacon, or sausage...\$2ea

QUICHE of the DAY Made from scratch and served with mixed greens with a balsamic drizzle..... $\$ 14$

## STARTERS

## TRUFFLE or OLD BAY® FRIES

Shoestring fries tossed with truffle oil, Parmesan cheese, and parsley or choose Old Bay ${ }^{\oplus}$ seasoning with a drizzle of housemade malt vinegar aioli $\qquad$ . $\$ 6 \mathrm{~V}$

## BRUSCHETTA

Toasted rustic bread topped with garlic marinated tomatoes, fresh basil, and olive oil $\qquad$ $\$ 9$ V
Add melted mozzarella cheese... $\$ 1$

## SEARED YELLOWFIN TUNA

Sushi grade tuna seared rare, sliced thin and topped with teriyaki glaze, served with seaweed salad, pickled ginger, spicy cucumbers, and wasabi.. ... \$13

## PORTOBELLO MUSHROOM TOWER

Balsamic marinated Portobello mushroom cap, layered with fresh mozzarella, tomatoes, and roasted red peppers on a bed of baby spinach with toasted rustic bread $\qquad$ . $\$ 13 \mathrm{~V}$

## HOUSEMADE MEATBALLS

Two large meatballs in tomato sauce, topped with melted mozzarella cheese and served with rustic garlic toast...................... $\$ 8$

## SALADS

## LOBSTER CAKE SALAD

Our popular housemade pattie served on a bed of mixed greens dressed with our citrus dressing and topped with melon salsa. $\$ 16$

## BABY SPINACH

Baby spinach, mushrooms, red onions, hard-boiled egg, crispy bacon, pine nuts, tomatoes, and honey mustard dressing... $\$ 13$

## CAESAR

Romaine lettuce tossed with housemade Caesar dressing and our own seasoned croutons, and topped with Parmesan cheese.. .. $\$ 10$ V add white anchovies... $\$ 2$

## CHICKEN or TUNA SALAD

Diced chicken breast with celery, grapes, pecans, and mayonnaise, or albacore tuna with celery, carrots, onion, and mayonnaise. Served with a slice of pound cake and seasonal fruit $\qquad$ .\$13

## GREEK

Romaine lettuce, beets, cucumbers, tomatoes, Kalamata olives, red onions, pepperoncini, and feta cheese in housemade Greek dressing $\qquad$ .. $\$ 12$ V

## McGREGOR

Mixed greens, tomatoes, cucumbers, carrots, and oranges in our balsamic vinaigrette and topped with blue cheese crumbles. ... $\$ 12$ V

## MEDITERRANEAN TUNA

Chunks of albacore tuna on romaine lettuce, with tomatoes, cucumbers, onions, black olives, and hard-boiled egg, drizzled with herbed olive oil and lemon juice. .\$14

## QUINOA and KALE POWERHOUSE

Tri-color quinoa, baby kale, tomatoes, cucumbers, green onions, mint, parsley, and housemade citrus vinaigrette.... $\$ 13 \mathrm{~V}$

## WEDGE

Romaine lettuce wedge topped with bacon bits, hardboiled egg, red onion, crumbled blue cheese, and balsamic vinaigrette $\$ 13$

ADDITIONS
Blackened or grilled: chicken breast...\$6 | cod, salmon, shrimp, or seared tuna..... $\$ 8$ | lobster cake or fish of the day, when available..... $\$ 10$

FRENCH DIP ${ }_{1 / 2}$ pound of housemade roast beef served cold on toasted baguette, with melted provolone and rich, made from scratch, au jus for dipping.

REUBEN Housemade corned beef or turkey, Swiss cheese, sauerkraut, and 1000 Island dressing on grilled rye.......... $\$ 12$

WILD THING Thinly sliced housemade roast beef, herbed garlic cream cheese spread, lettuce, and red onion served on a croissant. $\qquad$
LITTLE ITALY Sopressata salami, capocolla, mortadella, and provolone topped with arugula, housemade pickled red onions, and lemon vinaigrette, served cold or grilled on a sub roll. $\qquad$
TURKEY CLUB Turkey breast roasted in house stacked with crispy bacon, lettuce, tomato, and mayonnaise on white toast. $\$ 11$
McGREGOR CATCH Blackened or grilled cod filet toppedwith our housemade relish and served on a roll.\$13
Fish of the day, when available. .....  $\$ 16$
CHICKEN or TUNA SALAD Always housemade andserved with lettuce and tomato on a buttery croissant... $\$ 11$TUNA MELT White albacore tuna salad, sliced tomato,
and Swiss cheese, served warm on grilled rye.

$\qquad$ $\$ 12$

BLT Crispy bacon, lettuce, tomato, and mayonnaise served on white toast..
...\$9
HOT CHICK Grilled or blackened chicken breast served with lettuce, tomato, and onion on a roll........................... $\$ 11$
Add: American, cheddar, provolone, or Swiss cheese...\$1 bacon... $\$ 1.5$

CHICKEN CAESAR WRAP Blackened chicken breast with romaine lettuce and tomato, tossed with Caesar dressing, and wrapped in a tomato basil tortilla ................ $\$ 11$ Add bacon.... $\$ 1.5$

GRILLED VEGGIE Yellow squash, zucchini, eggplant, Portobello mushrooms and tomatoes, grilled and served on a sub roll with herbed garlic cream cheese spread.......... $\$ 12 \underline{\mathrm{~V}}$
JUICY BURGER $1 / 2$ pound of ground beef cooked to order and served with lettuce, tomato, and red onion ............... $\$ 12$
Add: American, cheddar, provolone, or Swiss cheese ... $\$ 1$ blue cheese... $\$ 2$ | bacon.... $\$ 1.5$ / sautéed mushrooms... $\$ 1$ Sub vegetarian patty....add $\$ 2 \underline{V}$
PATTY MELT $1 / 2$ pound of ground beef cooked to order and topped with grilled onions, Swiss cheese, and 1000 Island dressing on grilled rye. ... $\$ 13$
Sub vegetarian patty...add $\$ 2 \underline{V}$

CREATE your own PASTA Served with rustic garlic toast

Choice of: Fettuccine, spaghetti, or whole wheat penne Gluten-free fettuccine.....add \$2

Choice of sauce: Alfredo..... $\$ 12$ V Basil Pesto..... $\$ 12$ V Bolognese..... $\$ 13$ Tomato..... $\$ 10 \mathrm{~V}$
Add: One housemade meatball .....  $\$ 4$
Blackened or grilled chicken breast. ..... \$6
Cod or salmon filet, or shrimp. .....  $\$ 8$
Fish of the day, when available. ..... $\$ 10$
Peppers, mushrooms, or spinach. ..... \$1 ea

# PICK TWO Choose a half sandwich, accompanied by either our soup or salad options. No substitutions please... $\$ 10$ 

Arugula dressed with olive oil and lemon juice, with tomatoes and shaved parmesan
Caesar Romaine lettuce, croutons, parmesan, and housemade Caesar dressing
Mixed Greens with tomatoes, cucumbers, carrots, and oranges

## CUP of SOUP

Choose one of our housemade soups of the day

## HALF SANDWICH

BLT, chicken salad, or tuna salad, on white, wheat, or rye toast

## SIDES

HOUSEMADE SOUP of the DAY
Cup.................................... $\$ 4$ Bowl. ..... \$6
SIDE SALAD
Arugula, Caesar, or mixed greens ..... \$6
FRESH FRUIT
Fruit cup. .....  $\$ 3$
Fruit plate with cottage cheese and pound cake. .....  $\$ 9$
FRENCH FRIES .....  $\$ 3$
HOUSEMADE POTATO SALAD. .....  $\$ 3$
HOUSEMADE CHIPS .....  $\$ 3$
HOUSEMADE PICKLED ONIONS .....  $\$ 2$

## BEVERAGES

MIMOSA/POINSETTIA. .....  $\$ 7$
BLOODY MARY/SCREWDRIVER .....  $\$ 8$
SOFT DRINKS (Coke ${ }^{\circledR}$ products). ..... \$3
CLUB SODA ..... \$2
DR. BROWN'S ${ }^{\circledR}$ (regular or diet cherry or cream).. .....  $\$ 3$
ICED TEA (plain/sweet/mint) or ICED COFFEE .....  $\$ 3$
HOT COFFEE or TEA. ..... \$2.5
BOTTLED WATER (still or sparkling). .....  $\$ 3$
JUICE (apple, cranberry, orange, $\mathrm{V}^{\circledR}$ ). .....  $\$ 3$
ESPRESSO/DOUBLE ESPRESSO .....  $3 / \$ 5$
CAPPUCCINO. .....  $\$ 4.5$
MILK/CHOCOLATE MILK. .....  $2.5 / \$ 3$

