



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 potato salad or chips \$9

sub fries...\$1 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 potato salad or chips \$10

sub fries...\$1 sub fruit...\$1.5

SCRAMBLED EGGS

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

OMELET

3-egg omelet served with toast and housemade potato salad or chips \$7 **V**

sub fries...\$1 sub fruit...\$1.5

add cheese: American, cheddar, provolone, or Swiss...\$1ea

add mushrooms, onions, peppers, or tomatoes...\$1ea

add diced ham, bacon, or sausage...\$2ea

QUICHE *of the* DAY Housemade and served with mixed greens with a balsamic drizzle.....\$12

STARTERS

BRUSCHETTA

Toasted rustic bread topped with garlic marinated tomatoes, fresh basil, and olive oil..... \$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, roasted and layered with fresh mozzarella and tomatoes, topped with roasted peppers, on a bed of baby spinach with toasted rustic bread..... \$13 **V**

TRUFFLE FRIES

Shoestring fries tossed with white truffle oil, Parmesan cheese, and parsley \$6 **V**

HOUSEMADE MEATBALLS

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

SALADS

McGREGOR

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

CAESAR

Romaine lettuce tossed with housemade Caesar dressing and our own seasoned croutons, topped with shaved Parmesan cheese..... \$10 **V** *add white anchovies...\$1*

BABY SPINACH

Baby spinach leaves, mushrooms, red onions, hard-boiled eggs, crispy bacon, pine nuts, tomatoes, and honey mustard dressing.....\$11

MEDITERRANEAN TUNA

Chunks of albacore tuna on romaine lettuce, tomatoes, cucumbers, onions, black olives, and hard-boiled eggs, drizzled with herbed olive oil and lemon juice... ..\$12

GREEK

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

WEDGE

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

CHICKEN SALAD

Diced chicken breast, celery, red grapes, pecans, and mayonnaise, made in house and served with a slice of pound cake and fruit.....\$12

TUNA SALAD

Albacore tuna, celery, carrots, scallions, and mayonnaise, made in house and served with a slice of pound cake and fruit....\$12

QUINOA and KALE

Tri-color quinoa, baby kale, grape tomatoes, cucumbers, green onions, mint, parsley, and housemade citrus vinaigrette....\$13 **V**

SALAD ADDITIONS

Grilled or blackened chicken breast...\$5 | Grilled or blackened shrimp, salmon, or cod, or seared tuna.....\$7ea

Grilled or blackened mahi mahi or grouper, when available.....\$8ea

DRESSINGS

Balsamic Vinaigrette, Ranch, Blue Cheese, Caesar, 1000 Island, Honey Mustard, Greek | Extra Dressing 2oz...\$0.5 4oz...\$1

SANDWICHES *Served with housemade potato salad or chips, and dill pickle. Sub fries...\$1 or fruit...\$1.5*

FRENCH DIP 8 ounces of housemade roast beef on a toasted baguette, with melted provolone cheese and rich, made from scratch, au jus for dipping.....\$15

TURKEY CLUB Houserosted turkey stacked with crispy bacon, lettuce, tomato, and mayonnaise on white toast..\$10

REUBEN Housemade corned beef or turkey, Swiss cheese, sauerkraut, and 1000 Island dressing on grilled rye.....\$11

WILD THING Thinly sliced housemade roast beef, herbed garlic cream cheese spread, lettuce, and red onion served on a croissant\$11

LITTLE ITALY Sopressata salami, capocollo ham, mortadella, and provolone cheese topped with arugula, housemade pickled red onions, and lemon vinaigrette, served cold or grilled on a sub roll.....\$12

TUNA MELT White albacore tuna salad, sliced tomato, and Swiss cheese served warm on grilled rye\$10

CHICKEN or TUNA SALAD Always housemade and served with lettuce and tomato on a buttery croissant ...\$10

HOT CHICK Grilled or blackened chicken breast served with lettuce, tomato, and onion on a roll.....\$10

*add cheese: American, cheddar, Swiss, provolone...\$1
add bacon...\$1*

CHICKEN CAESAR WRAP Blackened chicken breast with romaine lettuce and tomato, tossed with Caesar dressing wrapped in a tomato basil tortilla\$11
add bacon...\$1

FRESH CATCH Grilled or blackened fresh cod filet topped with our housemade tomato, lettuce, and onion relish and served on a roll.....\$13
Mahi mahi or grouper when available\$15

BLT Crisp bacon, lettuce, tomato, and mayonnaise served on white toast.....\$8

GRILLED VEGGIE Yellow squash, zucchini, eggplant, Portobello mushrooms, and tomatoes grilled and served on a sub roll with herbed garlic cream cheese spread\$12 **V**

JUICY BURGER 1/2 pound of ground beef cooked to order and served with lettuce, tomato, and red onion\$11
*add cheese: American, cheddar, Swiss, provolone...\$1
add blue cheese...\$2 | add bacon or sautéed mushrooms...\$1
sub vegetarian patty...add \$2 **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\$12
*sub vegetarian patty...add \$2 **V***

CREATE *your own* PASTA *Served with rustic garlic toast*

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

Choice of sauce: Tomato.....\$10 **V** Alfredo.....\$11 **V**
Bolognese.....\$12 Basil Pesto.....\$12 **V**

Add: One housemade meatball\$4
Grilled or blackened chicken breast.....\$5
Salmon or cod filet or gulf shrimp.....\$7
Mahi mahi or grouper filet, when available\$8

PICK TWO *no substitutions please...\$10*

SIDE SALAD **V**

Mixed Greens with tomatoes, cucumbers, carrots, and oranges

Caesar Romaine lettuce, croutons, shaved parmesan, and housemade Caesar dressing

Baby Arugula Dressed with olive oil and lemon juice, with tomatoes and shaved parmesan

CUP of SOUP

Choose one of our two housemade soups

HALF SANDWICH

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

SIDES

HOUSEMADE SOUP of the DAY

Cup.....\$4 Bowl\$5.5

SIDE SALAD

Mixed Greens, Caesar, or Arugula.....\$5

SEASONAL FRUIT

Fruit cup\$3

Fruit plate with cottage cheese and pound cake.....\$9

FRENCH FRIES\$3

HOUSEMADE POTATO SALAD\$3

HOUSEMADE PICKLED ONIONS\$2

POTATO CHIPS "Dirty"® brand in Sea Salt\$1.5

BEVERAGES

MIMOSA/POINSETTIA.....\$7

BLOODY MARY/SCREWDRIVER.....\$8

SOFT DRINKS (Coke® products)\$3

CLUB SODA\$2

DR. BROWN'S® (Cherry or diet cherry).....\$3

ICED TEA (Sweetened/unsweetened/mint)\$3

COFFEE or HOT TEA\$2.5

BOTTLED WATER (Still or sparkling).....\$3

JUICE (Orange, apple, cranberry, V8®)\$3

ESPRESSO/DOUBLE ESPRESSO\$3/\$5.5

CAPPUCCINO.....\$4.5

MILK/CHOCOLATE MILK.....\$2.5/\$3

**We are proud to offer a large selection of scratch made items made to order fresh for you.
Real food takes time; please allow a few extra minutes for your order.**

Warning: Consuming raw or undercooked meats, poultry, seafood, or eggs may increase the risk of foodborne illness.

*20% gratuity is automatically added to parties of 6 or more | **V**Vegetarian*