

## LUNCH MENU

served Monday-Friday from 11am to 3pm

### PANINIS

served with choice of caesar salad, cup of soup, parmesan chips, french fries or sweet potato fries

#### Pesto Chicken Panini

chicken breast, sun-dried tomatoes, mozzarella, pesto mayonnaise, sourdough 16

#### Turkey Bacon Avocado Panini

turkey, bacon, swiss, avocado, tomatoes, pesto mayonnaise, sourdough 16

#### Tuna Panini Melt

albacore tuna, cheddar, dill pickles, celery, onions, tomatoes, avocado, mayonnaise, sourdough 16

### SANDWICHES & WRAPS

served with choice of caesar salad, cup of soup, parmesan chips, french fries or sweet potato fries

#### Meatloaf Sandwich

plant-based meatloaf, lettuce, tomato, Fresco sauce, grilled sourdough 17

#### Burger

beef patty, pickles, lettuce, tomato, caramelized onions, cheddar, Fresco sauce, served on a brioche bun 17 | *plant-based patty available*

#### Meatball Sandwich

meatballs, caramelized onions, mozzarella, tomato basil sauce, french roll 15  
*plant-based meatballs available*

#### Caprese Sandwich

whole milk mozzarella, tomatoes, arugula, basil, pickled onions, pesto mayonnaise, cornmeal roll 15

#### Chicken Ciabatta

chicken breast, swiss, tomatoes, mixed greens, pesto mayonnaise, ciabatta roll 15

#### Beef Tenderloin Dip

beef tenderloin with red & yellow peppers, onions, garlic and pepper jack on a french roll, served with au jus 17

#### Italian Sub

turkey, salami, ham, pepperoni, pepperoncinis, red leaf lettuce, red onions, roasted red peppers, artichokes, kalamata olives, provolone, tomatoes, mayonnaise, italian dressing, cornmeal roll 17

#### Chicken Wrap

grilled chicken breast, sun-dried tomatoes, artichokes, mixed baby greens, pine nuts, feta, pesto mayonnaise, sun-dried tomato tortilla 15

### PASTA

served with a side caesar salad substitute fresco salad 2

#### Spaghetti & Meatballs

meatballs, parmigiano-reggiano, tomato basil sauce, spaghetti 14  
*plant-based meatballs available*

#### Camera

chicken breast, italian sausage, sun-dried tomatoes, caramelized onions, pine nuts, feta, sherry cream sauce, rigatoni 15

#### Fettuccine Alfredo

alfredo, aged parmigiano-reggiano, fettuccine 12  
*with chicken and broccoli 14*

#### Chipotle Chicken

blackened chicken, sautéed red & yellow peppers, tomatoes, corn, onions, chipotle cream sauce, linguine 14

#### Lasagna

ground beef, mild italian sausage, ricotta, mozzarella, parmigiano-reggiano, tomato basil sauce 14

#### Vegetali

mushrooms, asparagus, kalamata olives, artichoke hearts, roma tomatoes, red & yellow peppers, fresh basil, onions, broccoli, feta, olive oil, garlic & white wine sauce, penne 13

#### Spinach Ravioli

cheese filled spinach ravioli, sun-dried tomatoes, artichoke hearts, lemon pepper cream sauce 14

#### Pescatore

shrimp, fresh clams, lightly spiced tomato basil sauce, linguine 16

#### Short Rib Pasta

short rib, carrots, mushrooms, red wine sauce, fusilli 16

### ENTRÉES

#### New Zealand Lamb

three lamb chops, macadamia nut pesto, garlic, rosemary mustard sauce with mixed greens 19

#### Salmon

salmon, pesto cream sauce, served with penne pomodoro 18

#### Roasted Chicken

half roasted chicken served with rosemary potatoes, red & yellow peppers, onions and artichoke hearts 21

### SALADS

#### BBQ Chopped Salad

bbq chicken breast, corn, black beans, tomatoes, avocado, iceberg, romaine, fried onion rings, ranch, bbq sauce drizzle 19

#### Cobb Salad

avocado, bacon, hard-boiled eggs, blue cheese crumbles, heirloom tomatoes, cucumbers, iceberg, romaine, blue cheese dressing 17  
*add chicken 4 / add jumbo shrimp 8*

#### Pear, Prosciutto and Goat Cheese

pears, crispy prosciutto, goat cheese, pistachios, dried cranberries, blackberries, carrots, mixed greens, maple rosemary vinaigrette 19

#### Classic Caesar

parmesan, croutons, romaine, caesar dressing 14  
*add chicken 4 / add jumbo shrimp 8*

#### Italian Chopped

tomatoes, kalamata olives, onions, cucumbers, artichoke hearts, red & yellow peppers, mushrooms, mozzarella, feta & parmesan, baby greens, basil balsamic dressing 17 | *add chicken 4*

#### Harvest Berry

strawberries, blueberries, raspberries, dried cranberries, golden raisins, blue cheese crumbles, caramelized pecans, baby greens, maple rosemary vinaigrette 18 | *add chicken 4*

#### Shrimp Berry Brie

blackened shrimp, strawberries, arugula, brie, onions, dried cranberries, blueberry lime vinaigrette 19

#### Southwest Chopped

blackened chicken breast, jack cheese, black beans, tomatoes, onions, corn, avocado, tortilla strips, baby greens, chipotle ranch dressing 19

#### Steak and Greens

sirloin steak, blue cheese crumbles, potatoes, bruschetta mix, onions, walnuts, baby greens, balsamic basil dressing, crispy onion rings 21

#### Salmon Salad

salmon medallions, cucumbers, bruschetta mix, dried cranberries, pine nuts, feta, mixed greens, balsamic basil dressing 21

## Healthy Options

#### Spaghetti Squash

spaghetti squash, pesto, broccoli, almonds, sun-dried tomatoes, feta 19

#### Meatless Bolognese

plant-based meat, tomatoes, garlic, pecorino-romano, rigatoni 18