

## APPETIZERS

Steamed Mussels: Red or White herbed white wine broth, grilled baguette	12
Roasted Red Pepper Hummus Platter ✓ grilled flat bread, marinated olives, cucumbers, carrots, & red peppers	12
Roasted Eggplant Dip ✓ with grilled flat bread	8
Grilled or Fried Wings with BBQ thai or buffalo sauce	9
Black Bean Soup with grilled cornbread, sour cream	cup 4 / bowl 5
Haddock Chowder with grilled buttermilk biscuits	cup 5 / bowl 8
Black Beans & Rice ✕ with scallions & cilantro	5
Garden Salad ✓ ✕ with red wine vinaigrette	5
Golden Fried Calamari with lemon basil aioli	9

## SALADS

Grilled Steak Salad * ✕ bleu cheese & balsamic vinaigrette	15
Grilled Lamb Salad * ✕ feta cheese & rosemary buttermilk vinaigrette	15
Greek Salad With Fried Calamari feta cheese, greek olives & red wine vinaigrette	13
Spicy Peanut Noodles with shredded lettuce, carrots, cilantro add grilled chicken	8 12
Grilled Chicken Breast Salad ✕ blue cheese, bacon & balsamic vinaigrette	14
Caesar Salad with Anchovies add popcorn chicken	11 13

## SIDES

Cornbread	4
Grilled Buttermilk Biscuits	4
Grilled Flat Bread	4
Grilled Baguette	4
Hand Cut French Fries	sm. 2 /lg. 5
Hand Cut Sweet Potato Fries with honey mustard sauce	sm. 2 /lg. 5
Grilled Zucchini	4
Daily Vegetable	4
Portobello Mushrooms	4

✕ Gluten Free      ✓ Vegetarian

\* NOTICE \*

*This menu includes items that are or may be served undercooked, or may contain raw or undercooked foods. Consumption of this food may increase the risk of food borne illness. Please check with your physician if you have any questions about consuming raw or undercooked foods.*

## SANDWICHES

add hand cut fries \$2, additional toppings 50¢  
choice of cheddar, american, swiss, jack, pepper jack

Cheeseburger * local all natural beef, lettuce, tomato on a toasted bun	9
Blue Mango™ Veggie Burger ✓ locally made; served with lettuce, tomato on a toasted bun	8
Steak Sandwich * marinated steak, portobello mushrooms, american cheese on baguette	10
Grilled Chicken Breast with lettuce & tomato on a toasted bun	9
BBQ Pulled Pork topped with onions, pickles, on a toasted bun	9
Turkey Sandwich lettuce & tomato, on baguette	9
Grilled Pastrami black pastrami, swiss, on rye bread	10
Corned Beef Reuben sauerkraut, thousand island dressing, on rye	10

## ENTRÉES

Grilled Lamb Kabob * with onion, flat bread, jasmine rice & garden salad	15
The Skinny Special ✕ grilled BBQ chicken breast, beans & rice	12
Quesadilla jack cheese, sour cream, black bean salsa add BBQ chicken or pulled pork	8 10
Tacos, BBQ Chicken or Pulled Pork ✕ jack cheese, shredded lettuce, tomato & corn salsa, cilantro	10
Fish Cakes with house tartar sauce & garden salad	10
Crab Cake champagne mustard viniagarette & garden salad	14
Pan Fried Haddock white wine butter sauce, capers, green beans & jasmine rice	17
Fish & Chips fried haddock, hand cut fries, house tartar sauce	16
Szechuan Beef sugar snap peas, red peppers, jasmine rice	16
Linguini ✓ tomato sauce, basil add chicken	13 17

## BEVERAGES

Soda, <i>free refills</i> Pepsi, Diet Pepsi, Sierra Mist, Mountain Dew, Ginger Ale, Tonic Water	2
Juice orange, cranberry, grapefruit, pineapple, tomato, lemonade	2
Captain Eli's Ginger Beer	3
Captain Eli's Root Beer	3
Coffee, Tea, Ice Tea, <i>free refills</i>	2