



# Lunch Menu

## APPETIZERS

### STEAK & GORGONZOLA FLATBREAD 13

caramelized onions, diced tomatoes, salsa verde

### CHICKEN STRIPS 12

4 chicken strips tossed in choice of BBQ, mild, hot, garlic parm, sweet Thai-chili

### AHI TUNA POKE NACHOS 13

shredded lettuce, diced tomato, avocado, chopped pickled ginger, diced cucumber, ahi tuna marinated in honey-soy, wasabi-coconut drizzled, wonton chip

### CRISPY FISH BITES 12

cajun tartar sauce on a bed of tangy coleslaw

### CHICKEN QUESADILLA 12

peppers & onions, shredded lettuce, diced tomato, salsa, sour cream

ADD SHRIMP OR ANY BEEF ON THE MENU +6

### CHICKEN WINGS 16

with traditional condiments and sides

## SOUP & SALADS

SALAD ADDITIONS - CHICKEN 7, SHRIMP 8, SALMON OR AHI TUNA 9

### SOUP OF THE DAY 4 / 7

### FRENCH ONION 8

### CLASSIC CAESAR 6 / 9

chopped romaine, grana Padano crisp, herb croutons, creamy Caesar dressing

### CC CHOPP SALAD 8 / 12

halved grape tomatoes, hardboiled egg, blue cheese crumbs, chopped bacon, sliced avocado, tossed in sweet & sour dressing

### POWER BLEND SALAD 12

kale power blend mix, mix greens, shredded carrots, garbanzos, avocado, halved grape tomatoes, choice of dressing

### ASIAN SALAD 12

field mix greens, shredded carrots, cucumbers, edamame, chopped pickled ginger, halved grape tomatoes, wonton strips, thai-peanut vinaigrette

## POWER BOWLS & HANDHELDS

BOWL ADDITIONS - CHICKEN 7, SHRIMP 8, SALMON OR AHI TUNA 9

EACH HANDHELD COMES WITH 1 SIDE

French Fries | Onion Rings | Sweet Potato Fries | Coleslaw | Fruit

### POWER BLEND BOWL 12

brown rice, garbanzos, kale power blend mix, halved grape tomatoes, avocado, hardboiled egg, sweet & sour drizzle

### BENTO BOWL 14

brown rice, cucumber, avocado, edamame, shredded carrots, chopped pickled ginger, pineapple pico, wasabi-coconut drizzle

### VEGAN POWER BLEND WRAP 12

blend of kale, cabbage, garbanzos, sauteed onions & peppers, ground Impossible Beef sautéed in our house vinaigrette with sliced avocado

### COCONUT SHRIMP TACOS 15

cilantro-coconut dressing, sweet chili cabbage slaw, pineapple pico

### CALIFORNIA SALMON or CHICKEN BLT WRAP 16

lettuce, tomato, avocado, bacon, ranch dressing

### TURKEY RACHEL 13

coleslaw, roasted turkey, swiss cheese, rye

### BLACK & BLUE BEEF SANDWICH 16

beef tenderloin medallions melted provolone and blue cheese, horsey cream slaw, hoagie roll

### CLUB SANDWICH 14

green leaf, tomato, mayo, American cheese, turkey, bacon, ham

### CLUB SPECIAL BLEND BURGER 17

green leaf, tomato, onion, pickle wedge

### MUSHROOM SWISS BURGER 17

green leaf, tomato, pickle wedge

### QUARTER POUNDER HOT DOG 12

with assorted condiments

### CLASSIC CHICKEN SANDWICH 12

breaded chicken breast, house secret sauce, pickles

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness