



Located in the Main Lobby / Dine In or Take Out
 Open daily 6:30 AM – 8:00 PM • 732.745.8600, ext. 8816
 Grab-and-Go Dinner selection is available from 4:00 p.m. to 8:00 p.m.

Starters

- Soup du Jour** Cup:\$2.95 Bowl:\$4.25
Freshly made soup of the day served with a house baked roll.
- Chicken Tenders** (5)\$6.75
- Chicken Wings** (mild, hot or teriyaki sauce)\$6.75
- Cheese Quesadilla** (onion, tomato)\$5.75
- Chicken and Cheese Quesadilla** (onion, tomato)\$8.00
- Mozzarella Styx**.....\$6.75
Lightly breaded mozzarella cheese served with a marinara dipping sauce
- Penne a la Vodka**.....\$6.50
Small portion of pasta in a delicate tomato and cream sauce with garden peas. Add chicken \$4.25

Salads \$8.50

- All of our salad dressings are prepared on premise. Dressings: Blue cheese, Thousand Island, Ranch, olive oil, balsamic or red wine vinegar, balsamic vinaigrette. **Extra side of dressing, add - \$.50. Add chicken to any salad - \$3.25**
- House** – Romaine lettuce, cucumber, carrots, black olives, tomato, red onions
 - Classic Chicken Caesar** – Romaine lettuce, grated parmesan cheese, chicken, croutons, Caesar dressing
 - Apple Walnut** – Romaine, tomatoes, goat cheese, apples, walnuts, grilled chicken
 - Chef** – Romaine lettuce, cucumber, black olives, tomatoes, sliced egg, ham, turkey, Swiss cheese
 - International** – Mixed greens, grilled chicken, Portobello mushroom, mozzarella cheese, roasted peppers, balsamic vinaigrette

Sandwiches \$8.00

- All sandwiches served with a pickle. Coleslaw served upon request. Choice of white, rye or whole wheat bread, roll.
Add French fries - \$3.00 or sweet potato fries or seasoned French fries (Old Bay®) - \$3.25; add cheese - \$.50; add bacon - \$1.00.
- Ham, Turkey, Tuna or Chicken Sandwich** – Lettuce and tomato
 - Tuna Melt** – Swiss cheese
 - Patty Melt** – Hamburger, Swiss cheese, fried onions
 - Grilled or Crispy Chicken** – Lettuce, tomato, onion
 - BLT** – Bacon, lettuce, tomato, mayo

Paninis \$8.00

- All paninis served with a pickle. Coleslaw served upon request.
Add French fries - \$3.00 or sweet potato fries or seasoned French fries (Old Bay®) - \$3.25.
- Turkey** – Provolone, red onion, lettuce, tomato, honey mustard
 - Italian** – Grilled chicken, roasted peppers, fresh mozzarella, balsamic vinaigrette dressing
 - Eggplant** – Lettuce, tomato, fresh mozzarella, balsamic vinaigrette dressing

Wraps \$8.00

- All wraps served with a pickle. Coleslaw served upon request.
Add French fries - \$3.00 or sweet potato fries or seasoned French fries (Old Bay®) - \$3.25.
- Crispy Chicken** – Swiss, lettuce, tomato, onion, Ranch dressing.
 - Tuna** – Swiss, lettuce, tomato, onions.
 - Samosa** – Vegetable samosa, provolone cheese, lettuce, tomato, onions, with lemon juice, hot sauce, chipotle mayo and cilantro
 - Caesar Chicken** – Romaine lettuce, grated parmesan, Caesar dressing.
 - Balsamic Wrap** – Grilled chicken, peppers, mozzarella, basil and vinaigrette

Fire Up The Grill

- Add bacon - \$1.00; add cheese - \$.50; add French fries - \$3.00 or sweet potato fries or seasoned French fries (Old Bay®) - \$3.25.**
- Beef Hot Dog**.....\$3.50
Plain or with onions
 - Bacon, Egg and Cheese or Ham, Egg and cheese**.....\$4.75
 - Grilled Cheese**\$3.50
With tomato and bacon\$4.50
With grilled Virginia baked ham.....\$4.75
 - Burger**\$5.75
Choice of beef or black bean. With lettuce, tomato, onions (raw or sautéed)

Entrées \$10.50

- Spicy Grilled Chicken Chipotle** - with brown rice and sautéed seasonal vegetables
- Pan-Fried Chicken Breast** - topped with chopped mixed greens, tomato, roasted peppers, mozzarella cheese and balsamic vinaigrette
- Eggplant Parmesan** - traditional eggplant parmesan with penne pasta
- Vegetable Stir Fry** - market fresh vegetables stir-fried in sesame oil with ginger, garlic and soy sauce served with brown rice. Add grilled chicken \$3.25
- Grilled Cheese**\$3.50
With tomato and bacon\$4.50
With grilled Virginia baked ham.....\$4.75
- Burger**\$5.75
Choice of beef or black bean. With lettuce, tomato, onions (raw or sautéed)
- Penne a la Vodka** - pencil point pasta in a delicate tomato and cream sauce with garden peas. Add grilled chicken \$4.25
- Chicken Francaise** - egg-dipped chicken breast in a white wine, lemon butter sauce with penne pasta
- Chicken Parmesan** - boneless breast of chicken parmesan, marinara with penne pasta
- Grilled Salmon** - with sautéed vegetables in a rosemary and white wine sauce\$11.25

Sides

- Fresh baked roll**.....\$1.00
- Potato chips**.....\$1.25
- French fries**.....\$3.00
- Sweet potato fries or seasoned French fries (Old Bay).....\$3.25**
- Coleslaw, brown rice, sautéed seasonal vegetables**\$3.50
- Grilled chicken**\$4.25

Beverages

- Bottled Water**.....\$1.00
- Fountain Drinks**.....\$2.25
Coke, diet Coke, Sprite, lemonade, iced tea (sweetened/unsweetened), ginger ale, seltzer, orange, apple, cranberry, kiwi-strawberry, and flavored water
- Milkshakes** (vanilla, chocolate)\$4.25
- Gatorade**.....\$2.94
- Hot Chocolate**.....\$2.35
- Hot Tea** (regular or decaf)\$1.50 / \$2.25
- Starbucks Coffee** (regular or decaf) Small \$2.35 / Large \$2.65
- Starbucks Iced Coffee**\$2.65
- Coffee** (Cappuccino, Latte, Mocha)\$3.25
- Espresso** Single \$2.00 / Double \$3.25

Desserts

- Vanilla/chocolate ice cream** (per scoop), chocolate pudding, or Jell-O\$2.25
- Pastries**.....\$2.50
- Cookies**\$.50 each
- Cake**\$3.50

Healthy Options

- Cranberry Almond Salad**\$8.50
Spring mix, goat cheese, red onions, grilled chicken, almonds, cranberries
- Harvest Salad**\$8.50
Romaine lettuce, spinach, sliced apples, red grapes, candied pecans, carrots, zucchini, goat cheese, balsamic vinaigrette dressing and chicken
- Choice of Beef, Black Bean no bun, a garden salad**.....\$9.50
Romaine lettuce, carrots, tomato, cucumber (No substitute)
- Grilled Salmon with steamed vegetables**\$11.25
- Grilled Chicken Breast**.....\$8.25
choice of steamed vegetables or a garden salad (Romaine lettuce, carrots, tomato, cucumber)

Add a garden salad to any entrée or sandwich - \$4.00. No substitutions.