



STARTERS

Soup du Jour Cup: \$2.95 Bowl: \$4.25 Freshly made soup of the day served with a house baked roll.	Mozzarella Styx \$6.50 Lightly breaded mozzarella cheese served with a marinara dipping sauce
Chicken Tenders (5) \$6.50	Penne a la Vodka \$6.00 Smaller portion of pasta served in a delicate tomato and cream sauce with garden peas. Add chicken \$3.25.
Chicken Wings (mild, hot or teriyaki sauce) \$6.50	

SALADS \$7.50

All of our salad dressings are prepared on premise. Pick your dressing: 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** – Iceberg 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
- 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 \$7.75

All sandwiches are served with the chef's housemade coleslaw and a pickle. Choice of white, rye or whole wheat bread. **Add French fries \$2.50 or sweet potato fries or seasoned French fries (Old Bay) \$3.00; add cheese \$.50; add bacon \$1.00; add lettuce and tomato \$.50.**

- Ham, Turkey or Tuna Sandwich** – With lettuce and tomato.
- Tuna Melt** – With Swiss cheese
- Patty Melt** – With hamburger, Swiss cheese, fried onions
- Grilled or Crispy Chicken** – With lettuce, tomato, onion
- BLT** – Bacon, lettuce, tomato, mayo

PANINIS \$7.75

All paninis are served with the chef's housemade coleslaw and a pickle. **Add French fries \$2.50 or sweet potato fries or seasoned French fries (Old Bay) \$3.00.**

- 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 \$7.75

Regular or whole wheat. All wraps are served with the chef's housemade coleslaw and a pickle. **Add French fries \$2.50 or sweet potato fries or seasoned French fries (Old Bay) \$3.00.**

- Crispy Chicken** – Swiss, lettuce, tomato, onion, Ranch dressing.
- Tuna** – Swiss, lettuce, tomato, onions.
- 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 \$2.50 or sweet potato fries or seasoned French fries (Old Bay) \$3.00.

- 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** **\$5.50**
Choice of beef, turkey or black bean. Served with lettuce, tomato, onions (raw or sautéed)

ENTRÉES \$10.00

- Spicy Grilled Chicken Chipotle** - served 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 serve 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.
- Penne a la Vodka** - pencil point pasta served in a delicate tomato and cream sauce with garden peas. Add grilled chicken \$3.25.
- Chicken Francaise** - egg-dipped chicken breast served in a white wine, lemon butter sauce with penne pasta
- Chicken Parmesan** - boneless breast of chicken parmesan, marinara with penne pasta
- Grilled Salmon** - served with sautéed vegetables in a rosemary and white wine sauce **\$10.75**

SIDES

- Fresh baked roll**..... **\$.50**
- Potato chips**..... **\$1.25**
- French fries** **\$2.50**
- Sweet potato fries or seasoned French fries (Old Bay)**..... **\$3.00**
coleslaw, brown rice, sautéed seasonal vegetables
or grilled chicken **\$3.25**

BEVERAGES

- Bottled Water**..... **\$1.00**
- Fountain Soda** **\$2.25**
Coke, diet Coke, Sprite, Dr. Pepper, ginger ale, seltzer
- Iced Tea (sweetened/unsweetened), Milk**
- Bottled Chocolate Milk**..... **\$2.25**
- Milkshakes (vanilla, chocolate or strawberry)** **\$4.25**
- Hot Chocolate**..... **\$2.35**
- Hot Tea (regular or decaf)** **\$1.50 / \$2.25**
- All Bottled Drinks**..... **\$2.25**
- Starbucks Coffee (regular or decaf) Small** **\$2.35 / Large** **\$2.65**
- Starbucks Iced Coffee** **\$2.65**
- Add flavor**..... **\$.50**
- Coffee (Cappuccino, Latte, Mocha)** **\$2.90**
- Espresso** Single **\$1.50 / Double** **\$2.90**

DESSERTS

- Vanilla ice cream (per scoop), rice pudding, chocolate pudding, or Jell-O**..... **\$2.25**
- Brownie or pastries**..... **\$2.50**
- Cookies** **\$2.00**
- Cake** **\$3.25**