



Starters	Soup du Jour Cup:\$3.30 Bowl:\$4.76 Freshly made soup of the day served with a house baked roll	Mozzarella Styx\$7.56 Lightly breaded mozzarella cheese served with a marinara dipping sauce
	Chicken Tenders\$7.56	Penne a la Vodka\$7.28 Small portion of pasta in a delicate tomato and cream sauce with garden peas
	Chicken Wings (mild, hot or teriyaki sauce)\$7.56	Add chicken\$4.76
	Cheese Quesadilla (onion, tomato)\$6.44	Rigatoni Pasta\$7.28 With pesto sauce
	Chicken and Cheese Quesadilla (onion, tomato)\$8.96	Add grilled chicken\$4.76
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 - \$0.59. Add chicken to any salad - \$4.76		
Salads	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 lettuce, tomatoes, goat cheese, apples, walnuts, grilled chicken	\$9.52
	Cranberry Almond Salad – Spring mix, goat cheese, red onions, grilled chicken, almonds, cranberries	
Sandwiches	Strawberry and Poppyseed – Romaine lettuce, blueberries, pineapple slices, strawberries, grilled chicken, and poppyseed dressing	
	All sandwiches/paninis/wraps served with a pickle. Coleslaw served upon request. Choice of white, rye or whole wheat bread, roll. Add French fries - \$3.36 or sweet potato fries or seasoned French fries (Old Bay®) - \$3.64	
	Ham, Turkey, Tuna or Chicken Sandwich – Lettuce and tomato	
	Tuna Melt – Swiss cheese	
Paninis	Patty Melt – Hamburger, Swiss cheese, fried onions	
	Grilled or Crispy Chicken – Lettuce, tomato, onion	
	BLT – Bacon, lettuce, tomato, mayo	\$8.96
	Add cheese - \$0.59; add bacon - \$1.12	
Wraps	Turkey – Provolone, red onion, lettuce, tomato, honey mustard	
	Italian – Grilled chicken, roasted peppers, fresh mozzarella, balsamic vinaigrette dressing	
	Portabella Mushroom – Spring mix, fresh mozzarella, tomato, roasted red peppers drizzled with a pesto mayo	\$8.96
	Caesar Chicken – Romaine lettuce, grated parmesan, Caesar dressing.	
Fire Up The Grill	Crispy Chicken – Swiss, lettuce, tomato, onion, Ranch dressing	
	Tuna – Swiss, lettuce, tomato, onions	
	Samosa – Vegetable samosa, provolone cheese, lettuce, onions, tomato, with lemon juice, hot sauce, chipotle mayo and cilantro	
	Balsamic Wrap – Grilled chicken, peppers, mozzarella, basil and vinaigrette	
Entrées \$11.76	Beef Hot Dog\$3.92 Plain or with onions	Grilled Cheese\$3.92
	Bacon, Egg and Cheese or Ham, Egg and Cheese\$4.51	With tomato and bacon.....\$5.04
	Add bacon - \$1.12; add cheese - \$0.59	With grilled Virginia baked ham\$5.32
		Burger\$6.44 Choice of beef or veggie burger. With lettuce, tomato, onions (raw or sautéed)
Sides	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	
	Chicken Francaise - egg-dipped chicken breast in a white wine, lemon butter sauce with penne pasta	
	Vegetable or Chicken Stir Fry - market fresh vegetables or chicken stir-fried in sesame oil with ginger, garlic and soy sauce served with brown rice	
Beverages	Penne a la Vodka - pencil point pasta in a delicate tomato and cream sauce with garden peas Add grilled chicken\$4.76	
	Rigatoni Pasta - with pesto sauce Add grilled chicken.....\$4.76	
	Chicken Parmesan - boneless breast of chicken parmesan, marinara with penne pasta	
	Grilled Salmon - with sautéed vegetables in a rosemary and white wine sauce\$13.44	
Desserts	Fresh Baked Roll\$0.59	Sweet Potato Fries or Seasoned French Fries (Old Bay)\$3.64
	Potato Chips\$1.56	Coleslaw, Brown Rice, Sautéed Seasonal Vegetables\$3.92
	French Fries\$3.36	Grilled Chicken\$4.76
	Bottled Water\$1.00	Hot Chocolate\$3.64
Healthy Options	Fountain Drinks\$2.52	Hot Tea (regular or decaf).....\$0.80
	Coke, diet Coke, Sprite, lemonade, iced tea (sweetened/unsweetened), ginger ale, seltzer, orange juice, apple juice, cranberry juice	Starbucks Coffee (regular) Small \$2.63 / Large \$2.97
	Milkshakes (vanilla, chocolate)\$4.76	Starbucks Iced Coffee\$2.97
	Powerade\$3.29	Coffee (Cappuccino, Latte, Mocha).....\$3.64
	Vanilla/Chocolate Ice Cream (per scoop),	Espresso Single \$2.24 / Double \$3.64
	Chocolate Pudding, or Jell-O\$2.52	
	Cookies\$0.80 each	
	Pastries\$2.80	Cake\$3.64
Asian Sesame Chicken Salad\$9.52 Red cabbage, Romaine lettuce, shredded carrots, edamame beans, sesame seeds, grilled chicken, sliced almonds, tangerines with a toasted sesame dressing		
Harvest Salad\$9.52 Mixed greens, roasted sweet potatoes, apple, grilled chicken, goat cheese, sliced almonds, and an apple cider vinaigrette		
Beef Burger or Veggie Burger or side of Grilled Chicken (choice of steamed vegetables or a garden salad)\$10.64 Romaine lettuce, carrots, tomato, cucumber (No substitute)		
Grilled Salmon Salad.....\$13.44 Spring mix, apples, pecans, cranberries, goat cheese with apple cider vinaigrette dressing		
Grilled Salmon with Steamed Vegetables\$13.44		
Add a garden salad to any entrée or sandwich - \$4.48. No substitutions.		
Please be advised that our menu items may contain or may have been further processed on shared equipment that may have come in contact with allergens including eggs, fish, milk, peanuts, sesame, soy, tree nuts, wheat, and shellfish.		