



# LUNCH

## SALADS

ASIAN SESAME, ATHENA FETA, BACON TOMATO, BALSAMIC, BLEU CHEESE, CAESAR, HONEY CHIA, HONEY MUSTARD, RANCH, 1000 ISLAND, OIL & VINEGAR

### ALLY'S HOUSE SALAD \$10.99

(add chicken +\$4.59, add baked salmon +\$8.99, add chilled salmon +\$5.99)

Romaine, pepperjack, carrot, black olive, tomato, sunflower seeds. Your choice of dressing on the side

### BRAIN POWER SALAD \$11.99

(add chicken + \$4.59 add baked salmon +8.99 add chilled salmon + \$5.99)

Romaine, spinach, feta, onion, avocado, walnuts, blueberries, honey chia dressing on the side

### BLUEBERRY FIELDS SALAD \$11.99

(add chicken +\$4.59, add baked salmon +\$8.99, add chilled salmon +\$5.99)

Spinach, arugula, blueberries, pickled red onion, feta, cucumber, mandarin oranges, sunflower seeds blueberry vinaigrette on the side

### CHICKEN CAESAR SALAD \$10.99

Romaine, parmesan, grilled chicken, croutons, tossed in caesar dressing

### CHICKEN COBB SALAD \$13.99

Romaine, grilled chicken, bacon, bleu cheese crumbles, hard boiled egg, tomato, avocado, chives

### MEDITERRANEAN CHOP \$10.99

(add chicken +\$4.59, add baked salmon +\$8.99, add chilled salmon +\$5.99)

Romaine, feta, black olive, tomato, onion, red pepper, artichoke hearts, tossed in athena feta dressing

### SESAME CHICKEN SALAD \$12.99

Romaine, grilled chicken, carrot, crunchy noodles water chestnuts, sunflower seeds, Asian sesame dressing on the side

## SALAD ADDITIONS:

DILLED CHICKEN SALAD:	\$3.99
WALDORF TUNA SALAD:	\$3.99
BACON:	\$1.99
AVOCADO:	\$1.49
HARD BOILED EGG:	\$ .99
EXTRA DRESSING:	\$ .75

## SOUP OF THE DAY:

10oz IN-HOUSE CUP	\$5.29
8oz CUP TO GO	\$4.99
12oz BOWL TO GO	\$5.99
32oz QUART	\$14.99

## SANDWICHES

SERVED WITH KETTLE CHIPS OR APPLE SLICES

### ALLY'S CLUB \$15.99

Boar's Head Oven Gold Turkey and Honey Maple Ham, bacon, swiss, mayo provolone, tomato, lettuce, bacon-tomato dressing. Choice of toasted white, wheat, or marble rye bread

### DILLED CHICKEN \$10.99

Our home made dilled chicken salad, swiss, tomato sunflower seeds, lettuce, mayo. Choice of white, wheat, or marble rye bread

### TURKEY CLUB CROISSANT \$13.99

Boar's Head Oven Gold Turkey, bacon, cheddar, avocado, lettuce, tomato, mayo, served on a croissant

### WALDORF TUNA \$10.99 *\*Contains nuts\**

Our home made tuna salad (celery, apples, walnuts), swiss, tomato, sunflower seeds, lettuce, mayo. Choice of white, wheat, or marble rye bread

## FLATBREADS

SERVED ON A 9" FLATBREAD CRUST

*\*SEPARATE EQUIPMENT NOT AVAILABLE FOR PIZZAS\**

### BBQ CHICKEN FLATBREAD \$12.99

Grilled chicken, bacon, red onion, shredded mozzarella, topped with a BBQ sauce drizzle and chives

### CAPRESE FLATBREAD \$11.99

Cherry tomatoes, shredded mozzarella, fresh mozzarella, topped with basil and balsamic glaze

### GARLIC CHICKEN FLATBREAD \$12.99

Grilled chicken, bacon, shredded mozzarella, garlic spread and chives

### PULLED PORK FLATBREAD \$12.99

Shredded pork, bacon, shredded mozzarella, red onion, topped with a BBQ sauce drizzle

# COLD WRAPS

SERVED WITH KETTLE CHIPS OR APPLE SLICES

## GARDEN VEGGIE \$10.99

Spinach tortilla, romaine, cucumber, avocado, tomato, carrots, sunflower seeds, roasted red pepper hummus

## ASIAN SESAME \$10.99

Spinach tortilla, grilled chicken, provolone, carrots, water chestnuts, crunchy noodles, romaine, Asian sesame dressing

## BACON RANCH \$10.99

Herb garlic tortilla, grilled chicken, bacon, cheddar, tomato, romaine, ranch dressing

## CHICKEN CAESAR \$10.99

Herb garlic tortilla, grilled chicken, parmesan, tomato, romaine, caesar dressing

## COBB \$12.99

Herb garlic tortilla, grilled chicken, bacon, bleu cheese, hard boiled egg, tomato, avocado, chives, romaine, ranch dressing

## TURKEY BACON \$11.99

Jalapeño cheddar tortilla, Boar's Head Oven Gold Turkey, bacon, cheddar, onion, tomato, romaine, mayo, bacon-tomato dressing

# GRILLED WRAPS

SERVED WITH KETTLE CHIPS OR APPLE SLICES

## BUFFALO CHICKEN \$11.99

Jalapeño cheddar tortilla, chicken, pepper jack, coleslaw, romaine, buffalo sauce, ranch dressing.

## CUBAN \$11.99

Jalapeño cheddar tortilla, pulled pork, pepper jack, pickles, French's fried onions, honey mustard dressing.

## FIREPIT \$11.99

Jalapeño cheddar tortilla, chicken, pepper jack, onion, black beans, cilantro, BBQ sauce.

## SOUTH OF THE BORDER \$11.99

Jalapeño cheddar tortilla, chicken, bacon, pepper jack, sour cream, salsa

## GLUTEN FREE OPTIONS

GLUTEN FREE BREAD: +\$2.00

GLUTEN FREE TORTILLA: +\$1.00

GLUTEN FREE PIZZA CRUST: +\$2.00

# PANINIS

SERVED WITH KETTLE CHIPS OR APPLE SLICES

## BBQ TURKEY \$12.99

Boar's Head Oven Gold Turkey, bacon, cheddar, onion, BBQ sauce

## CHICKEN CAPRI \$11.99 *\*Contains nuts\**

Chicken, provolone, tomato, spinach, basil, pesto mayo

## CLASSIC CHICKEN SANDWICH \$12.99

Chicken, mayo, tomato, cheddar, lettuce, pretzel bun

## GARLIC CHICKEN \$11.99

Chicken, bacon, provolone, garlic spread

## GRILLED VEGETARIAN \$11.99 *\*Contains nuts\**

Grilled eggplant, feta, onion, red pepper, sun-dried tomato pesto, balsamic glaze, pesto mayo

## NUMBER 4 \$14.99

Chicken, bacon, provolone, avocado, French's fried onions, chipotle mayo, pretzel bun

## PULLED PORK \$14.99

Brioche bun, pulled pork, cheddar, coleslaw, French's fried onions, BBQ sauce

## REUBEN \$14.99

Our home made corned beef, swiss, sauerkraut, 1000 island dressing. Grilled on marble rye bread

## WOODLANDS PRIME RIB \$15.99

Brioche bun, sliced prime rib, provolone, French's fried onions, mushroom duxelles, arugula, brewpub mustard

# KID'S MENU

*\*For our special guests 12 and younger*

SERVED WITH KETTLE CHIPS, APPLE SLICES, OR FRUIT CUP

## QUESADILLA \$6.99

Chicken, mozzarella, herb garlic tortilla

## GRILLED CHEESE \$5.99

Provolone and cheddar cheese on your choice of white or wheat bread

## CHEESE PIZZA \$6.99 (no side)

Pizza sauce, mozzarella

# SMOOTHIES \$6.99

## STRAWBERRY BREEZE

Strawberries, banana, pineapple juice, ice

## BANANA BERRY

Strawberries, banana, blueberries, pineapple juice, ice

## GREEN GIANT

Spinach, banana, peaches, pineapple juice, ice

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