

LUNCH MENU

Open 8 am to 3 pm Daily

SALADS/SOUP

House Salad – small/large	\$5.95/\$10.95
Caesar Salad – small/large	\$6.95/\$11.95
Island Salad – Organic greens, carrot, onion	
walnuts, craisins, feta, peppers, mandarins, and	\$13.95
lemon poppy seed dressing	
Chicken Caesar Salad – Chopped Romaine,	4
parmesan, roast chicken, house made croutons,	\$14.95
and creamy Caesar dressing.	
Southwest Salad – Organic Greens, roast chicken,	
cheddar, black beans, onion, corn, tomato, and	\$14.95
tortilla chips with chipotle lime dressing	
Soup of the day – small 8 oz. / large 16 oz. (served	
with homemade roll)	\$5.95/\$7.95
(Served with mixed greens)	
Kids grilled cheese	\$7.95
Kids Cheese Quesadilla	\$7.95

WRAPS (Served with mixed greens)

(Served With Mixed greens)	
Santa Fe – Chicken, beans, cedar, peppers,	\$13.95
onion, rice, and cilantro mayo	
Thai Noddle – Chicken, rice, carrot, bean	\$13.95
sprouts, rice, sweet chili, and peanut sauces	
Fresno (Chicken or Shrimp) -Choice of	
protein with organic greens corn salsa,	\$13.95
guacamole, and mozzarella	
Veggie Wrap – Rice, carrots, cucumber,	\$11.95
peppers, tomato, onions, sprouts, feta, and	
cilantro mayo	
SANDWICHES	
(Served with mixed greens)	
Roast Beef	\$14.95
Roast Chicken	\$13.95
Curried Egg Salad	\$11.95
Tuna-sabi	\$11.95
Bacon Lettuce Tomato	\$12.95
Reuben	\$13.95
Clubhouse	\$14.95
Veggie	\$11.95

Grilled 3 cheese \$13.95

Shrimp and cream cheese 413.95

\$15.95

Beef Dip