

# Menu

## Appetizers

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Hot Spinach Dip	Served with tortilla chips	5.95
Bruschetta	Fresh basil, garlic, tomatoes and olive oil served on garlic toast	5.95
Hummus w/ Pita Chips		5.50
Black Bean Nachos	Made with cheesy spinach dip, black beans, tomatoes, green onions, and jalapenos	5.95
	w/chicken	6.50

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## Salads

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Asian Chicken Salad	Grilled chicken breast, green onions, mandarin oranges, toasted almonds and crispy chow mein noodles on a bed of greens with an tomato basil dressing	6.75
Cobb Salad	Turkey breast, bacon, avocado, tomato, green onions, egg and blue cheese crumbles served on a bed of greens	6.75
Chicken Caesar Salad	A classic caesar served with grilled chicken breast, garlic croutons and Parmesan cheese	7.25
The Greek Salad	Feta cheese, red onion, cucumber, greek olives, peppers and toasted pita chips on a bed of greens with greek dressing	6.25
The Waverunner	A scoop of veggie delight , avocado, sunflower seeds and sprouts served on a bed of greens with your choice of dressing	6.50

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## Wraps

*All wraps served with chips or potato salad & a pickle spear. You may add a pasta or side salad for .95*

*We will be happy to serve any of our salads or sandwiches in a wrap*

## Sandwiches

*All sandwiches served with chips or potato salad & a pickle spear. You may add a pasta or side salad for .95*

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Turkey Club Wrap	Smoked turkey, swiss cheese, bacon, avocado, tomato, lettuce and zesty mayo	6.75
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Roasted Veggie Wrap	Roasted red peppers, eggplant, zucchini, garlic, onion with provolone, lettuce, tomato and pesto mayo.	6.75
The Mediterranean Wrap	Roasted turkey, olive salsa, lettuce, green onion, provolone and mayo	6.75
Chicken Salad “Our Specialty”	Served on a fresh baked croissant or pita with just a bit of lettuce	6.95
West Coast Club	Smoked turkey, sprouts, avocado, lettuce, tomato, red onion and sunflower seeds served on a fresh croissant with honey mustard dressing	6.95
Roast Beef	Tender roast beef, swiss cheese, red onion, lettuce, tomato and horseradish mayo served on your choice of bread	6.95
The Reuben “ Our Way”	Lean pastrami, swiss cheese and sauerkraut served with thousand island or spicy mustard on marble rye	7.50
French Dip	Lean roast beef, provolone cheese and caramelized onions served on a toasted french roll	7.50
The Pastrami	Served on a roll with mustard and banana peppers ... It’s that simple	7.50
The Bistro	Your choice of meat, bread, cheese and 4 add on’s	6.75

<b>Bread</b>	<b>Meat</b>	<b>Cheese</b>	<b>Vegitables</b>
Sourdough	Smoked Turkey	Provolone	Avocado
Wheat	Roasted Turkey	Swiss	Lettuce
Pita	Roast Beef	Pepper Jack	Red Onion
Spinach Tortilla	Ham	American	Tomato
Tomato & Basil Tortilla			Sprouts
Tortilla			Pickles
Marble Rye			Cucumber
Croissant			Sunflower Seeds

## ***Flat Bread Pizza’s***

*w/ side salad*

BBQ Chicken	Grilled chicken, red onions, olive oil and roasted garlic topped with provolone, BBQ sauce and fresh parsley	7.25
The Greek	Spinach, feta, tomatoes, red onion and greek olives	6.95
	w/ chicken	7.50
The Roasted Goat	Goat cheese, tri colored peppers , roasted garlic and sun dried tomatoes	6.95
	w/ chicken	7.50

## ***Panini***

*All panini's served with chips or potato salad & a pickle spear. You may add a pasta or side salad for .95*

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Chicken Panini	Grilled chicken breast, olive salsa, artichoke hearts and spinach and pesto	6.95
Roast Beef Panini	Grilled roast beef caramelized onions and provolone cheese	6.95
Grilled Vegetable Panini	Grilled eggplant, zucchini, roasted red peppers, grilled onions and provolone with pesto mayo	6.95
Turkey Club	Roasted turkey, bacon, tomato, pesto mayo, red onion and mozzarella	6.95
Grilled Cheese	Mozzarella, provolone and avocado	5.50

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## ***Soup***

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Cup	2.95
Bowl	4.45

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## ***Beverages***

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Soda	1.50
Iced Tea	1.50
Italian Iced Tea	1.75
Coffee of the Day	0.95

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## ***A Variety of Fresh Baked Desserts***