### Breakfast
- **Pancake Sandwich:** Two Pancakes with Ham, Grilled Egg and Cheddar. Finished with Syrup and Dusted with Sugar. Served with Home fries - $4.75
- **Lemon Chicken Egg Drop** - 4.00/4.85
- **Rainbow Pesto Tortellini:** Cheese Tortellini, XVoo, Broccoli, Zucchini, Onion, Red Peppers, Arugula, Parmesan and Fresh Basil. w/ Side Salad. - $6.95
- **BLT Grilled Cheese:** Muenster and Provolone Cheese on a Fresh Baked Ciabatta Roll with Crisp Bacon, Tomato and Arugula. - $5.95

### Soup
- **Shrimp and Roasted Corn Chowder** - 4.25/5.25
- **Chicken Poblano** - 4.25/5.25
- **Chicken Chili** - 4.25/5.25
- **Fish Tacos:** Flour Tortillas filled with crispy battered fish, diced Tomatoes, Chipotle Crème, Avocado, and Queso Blanco. Served w/ Black Beans and Cilantro Lime Rice. - $6.95

### Entree
- **Rainbow Pesto Tortellini:** Cheese Tortellini, XVoo, Broccoli, Zucchini, Onion, Red Peppers, Arugula, Parmesan and Fresh Basil. w/ Side Salad. - $6.95
- **Cajun Grilled Chicken Breast:** Carved to order, topped with a Grilled Pineapple Salsa. Served with Spring Pea Tabbouleh and Fresh Watermelon. - $6.95
- **Fish Taco** - $6.95
- **Cajun Grilled Chicken** - $6.95

### Panini
- **BLT Grilled Cheese:** Muenster and Provolone Cheese on a Fresh Baked Ciabatta Roll with Crisp Bacon, Tomato and Arugula. - $5.95
- **Vegan Roasted Vegetable:** Oven Roasted Eggplant, Zucchini, Peppers, Onions and Mushrooms. Grilled with a Sundried Tomato Basil Pesto with Provolone Cheese on a Fresh Ciabatta Roll. - $5.95
- **Chicken Fajita:** Sliced Chicken with Grilled Onions and Peppers, Cheddar Cheese, Fajita Aioli and Tomatoes, Grilled on a Flour Tortilla. - $5.95
- **Caribbean Ham:** Smoked Ham with Swiss Cheese, Grilled Pineapple, Arugula, Sliced Tomato and a Zesty Coconut Aioli. - $5.95

### Salad
- **Baja Grilled Chicken Salad:** Fresh Romaine lettuce, w/ Grilled Chicken, Roasted Corn, Cheddar, Red Onion, Cucumber, Crispy Tortillas, Spiced Ranch Dressing and finished with Salsa and Guacamole. - $6.95
- **Chicken Chili** - 4.25/5.25
- **Fish Tacos:** Flour Tortillas filled with crispy battered fish, diced Tomatoes, Chipotle Crème, Avocado, and Queso Blanco. Served w/ Black Beans and Cilantro Lime Rice. - $6.95
- **Vegetable Torta:** Pressed to order and served with a Mexican Chopped Salad topped with spiced Ranch Dressing. - $5.95

### Grille
- **Chicken and Waffles:** Two Waffle Wedges served with Crispy Chicken Tenders, Maple Syrup and Fresh Fruit Salad - $5.75
- **Philly Steak n Cheese Sub:** Served with House Cooked Chips. - $6.95
- **Fresh Fish n Chips:** Fresh Haddock, Tartar Sauce, Lemon and French Fries. - $6.95
- **Caribbean Ham:** Smoked Ham with Swiss Cheese, Grilled Pineapple, Arugula, Sliced Tomato and a Zesty Coconut Aioli. - $5.95