BENDER'S TAVERN
LUNCH SPECIALS!
October 23, 2025

Vegetable of the day: Mixed Vegetables
Daily Side: Cajun chicken pilaf
Soup Du Jour: Seafood Gumbo Or Beef Vegetable noodle

Quiche du Jour (Deluxe)

Mushrooms, peppers, pepperoncinis, pepperoni, ham, spinach, mozzarella cheese, basil , Eggs & Cream
Served with Bender fries, Artisan greens $15.95

Pasta du Jour

Chicken breast & spinach tossed in Chef's house made marinara with mozzarella stuffed sachets topped with fresh mozzarella.
Served with a small lettuce salad $18.95

Fishermans Platter

Lightly cajun style salmon, lemon pepper cod and flash fried Key West shrimp served with rice and vegetable du jour. $17.95

Lightly Fried Haddock

Bender fries & coleslaw $15.95

Lightly Fried Select Oysters

Bender fries & coleslaw $15.95

Lightly Fried Key West Shrimp

Bender fries & coleslaw $14.95

Maple Croissant

Sliced ham, bacon & fried egg topped with American cheese & maple aioli on a toasted buttery croissant.
Served with a cup of soup $13.95

Shrimp Salad Wrap

Benders home made shrimp salad with avocado, romaine lettuce and egg in a spinach wrap $14.95
½ wrap and a cup of soup $14.95

Crab Cake Salad

Mixed salad greens topped with twin mini crab cakes, tomatoes, craisins, red onion & hard boiled egg. Your choice of dressing $15.95