

***BENDER'S TAVERN
LUNCH SPECIALS!
August 14, 2025***

Vegetable of the day: Honey Dill Carrots

Daily Side: Cheesy Country Rice Pilaf

Soup Du Jour: Cuban Black Bean Soup or Haddock Chowder

Gazapacho Soup

A cold refreshing red Spanish soup with tomatoes, cucumbers, onion, bell peppers, oil and vinegar. Cup \$6.00 Bowl \$9.00

Quiche Du Jour (Lorraine)

Bacon, Onions, Swiss Cheese, Eggs & Cream.

Served with Bender fries, Artisan greens \$15.95

Pasta Du Jour

Key West shrimp, broccoli florets, spinach & alfredo sauce in penne noodles.

Served with a small lettuce salad \$18.95

Loch Dart Scottish Salmon

Broiled to perfection. Served with rice & vegetable du jour \$22.00

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

Cuban Sandwich

Sliced cured ham, roasted pork, Swiss cheese, pickles and mustard. Grilled in a rustic roll.

Served with a cup of soup \$14.95

Chicken Cordon Bleu Wrap

B&E chicken, sliced ham, Swiss cheese, romaine, red onion, tomato, house made ranch dressing. Wrapped in a spinach tortilla. \$15.95

1/2 wrap and a cup of soup \$15.95

Wedge and Steak Salad

Cajun Flat Iron steak, Iceberg wedge, blue cheese crumbles, bacon, eggs and tomatoes.

Choice of dressing \$16.95