

BENDER'S TAVERN
LUNCH SPECIALS!
June 23, 2026

Vegetable of the day: Green Beans

Daily Side: Broccoli Rice Pilaf

Soup Du Jour: Italian Wedding Soup, Cream of Mushroom and Potato Soup or Cold Vichyssoise Soup

Quiche du Jour

Smoked Turkey, Baby Spinach, Feta Cheese, Eggs and Cream
Served with Bender fries & Artisan greens \$15.95

Pasta Du Jour

Sauteed Key West Shrimp. Tossed with Peppadew Peppers, baby spinach, red onion, marinara, cream and vodka. Served over linguini pasta. Parmesan Cheese
Served with a small lettuce salad \$18.95

Taco Tuesday

Lightly breaded Haddock and flash fried with southern style coleslaw, diced tomatoes, cheddar cheese & Sriracha aioli \$16.00

Grey Sole Veronique

Sauteed Grey Sole Filets, finished with sliced green grapes, toasted almonds and beurre Blanc sauce Served with rice du jour \$16.95

Lightly Fried Select Oysters

Bender fries & coleslaw \$15.95

Lightly Fried Key West Shrimp

Bender fries & coleslaw \$15.95

BLT Wrap

Tomato wrap with crispy smoked bacon, shredded lettuce, diced tomato, mayo and avocado \$13.95
1/2 wrap served with a cup of soup \$13.95

Roast Beef Sandwich

Thinly sliced roasted Ribeye of beef. Grilled with onions and mushrooms. Served on toasted sourdough with Bruschetta cheese
Served with a cup of soup \$15.95

Pecan Chicken Salad

Crispy pecan crusted chicken tenders, romaine lettuce, mandarin oranges, raisins, blue cheese crumbles & balsamic vinaigrette \$16.95