BENDER'S TAVERN
LUNCH SPECIALS!
November 3, 2026

Vegetable of the day: Garlic Green Beans
Daily Side: Herb Pilaf
Soup du Jour: New England Clam Chowder or Chicken and Rice Soup

Shrimp Alfredo

House-made alfredo, sautéed Key West shrimp and linguini noodles with Parmesan. Served with a small lettuce salad $18.95

Italian Sausage Hoagie

Mild Italian rope sausage, homemade marinara, peppers & onions on a hoagie roll Served with a cup of soup $16.95

Tuna Salad Sandwich

Fresh Tuna salad, Campari tomato, leaf lettuce on Sourdough Served with a cup of Soup $14.95

Miso Cod

Black Cod, Miso Reduction, Beets with Sauteed Spinach $23.00