

***BENDER'S TAVERN
LUNCH SPECIALS!
October 16, 2025***

Vegetable of the day: Seasonal Mixed Vegetables

Daily Side: Mexican Rice Pilaf

Soup Du Jour: Chickpea Chili or Italian Wedding Soup

Quiche du Jour

Broccoli, bacon, cheddar cheese, onions, eggs & cream

Served with Bender fries, Artisan greens \$15.95

Pasta du Jour

Chicken breast, spinach & onions tossed in a house made red pepper alfredo with mozzarella stuffed sachets.

Served with a small lettuce salad \$18.95

Fishermans Platter

Lightly cajun swordfish, foley cod & flash fried oysters 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

Benders Meatloaf Sandwich

Benders Wagyu meatloaf, sliced cheddar, crispy onion ring, with BBQ on Sourdough.

Served with a cup of soup \$12.95

Pumpkin Chicken Wrap

Grilled B&E chicken, romaine lettuce, shaved parmesan & pumpkin aioli in a spinach wrap. \$14.95

1/2 wrap and a cup of soup \$14.95

Chicken Spinach Salad

Grilled chicken on top of spinach tossed with feta, Bender's beets, diced red onion, toasted pepitas with White Balsamic dressing \$16.95