

Appetizers

Soft Bao Buns

Flled with fresh carrots, cucumbers, cilantro and sweet chili sauce. Served with your choice of crispy chicken or shrimp, served with a side of sesame soy sauce.

Chicken 11.99 | Shrimp 13.99

Fuego Rolls Roasted long hot peppers folded in our three cheese blend in a crispy tortilla shell. Served

Chicken Lettuce Wraps

with creamy buttermilk ranch.

Suitable for two! Roll your own lettuce wraps with grilled chicken tenderloin, cilantro lime rice, red onions, cucumbers, carrots, lettuce leaves and crispy asian noodles. Served with asian sesame dressing. Substitute with seared Ahi Tuna or Salmon 5

Cheesesteak Roll-Ups

Our homemade tortilla rolls baked to bubbling perfection with caramelized onions. Served with horseradish dijon.

Chicken Fingers

Breaded, all-white-meat chicken tenderloin. Served with honey mustard or BBQ sauce.

Mozzarella Sticks

Served six to an order with marinara sauce.

Onion Rings

Coated in breading and golden fried. Served with ranch dipping sauce.

White Cheddar Mac and Cheese

Shell pasta in aged white cheddar topped with a crunchy parmesan crumble. Small 6.99 | Large 9.99

French Fries

Double Truffle Fries	8.
Golden fried french fries tossed in truffle oil	
and topped with parmesan cheese. Served	
with truffle gioli squce	

French Fries 4.99

Cheese Fries 6.99

Sweet Potato Fries 7.99

Served with horseradish dijon for dipping.

Mega Fries

Golden fried french fries baked with melted cheddar, mozzarella, and crispy bacon.

Prime Wings

Smothered in your

Naked, Boneless or Breaded

Mango Habanero

Mild

Hot

10 Piece

20 Piece

10.99

12.99

11.99

10.99

8.99

8.99

5 Piece

Blazing Bourbon Honey BBQ

Sweet Chili Zing

Hand Crafted Flatbreads

Short Rib Flatbread

15.99

Roasted garlic sauce, smoked gouda, garlic-creamed spinach, short rib, roasted red peppers, red onions and mozzarella. Topped with horseradish dijon.

Roasted Veggie Flatbread Superfood

Roasted vegetables (red and yellow peppers, green and yellow zucchini, eggplant), basil oil, mozzarella cheese, goat cheese, and balsamic glaze.

Chipotle Chicken Flatbread

Grilled chicken tenderloin, chipotle sauce, crispy bacon, jalapenos, and mozzarella cheese. Topped with chipotle sauce.

Margherita Flatbread

13.99

California-ripened tomato sauce, cherry tomatoes, fresh mozzarella and basil leaves.

Quesadillas

Filled with tomatoes, grilled onions, black beans, cilantro, corn, chipotle sauce and a blend of mozzarella and cheddar cheeses. Served with sour cream and salsa.

Chicken Quesadilla

12.99

Steak Quesadilla

13.99

Soups

Ask about soups of the day

16oz

Chicken Tortilla

Gumbo

Chicken Orzo

Lentil

10.99 **Cream of Potato**

Shrimp and Crab Bisque







Salad Entrees

Tasty additions to any salad

Seared Tuna Egg Salmon Avocado

Seared Tuna & Avocado Superfood Seared tuna on a bed of Three Bean Salad, with avocado and olive oil citrus dressing.

10.99 **Garden Salad** Fresh salad mix, juicy tomatoes, red onions, carrots and mozzarella cheese. Served with ranch dressing. Add chicken 3

Caesar Salad Fresh romaine greens, and shredded parmesan cheese. Served with Caesar dressing. Add chicken 3

Chef Salad 13.99 Home-roasted turkey breast, savory ham, boiled cage-free egg, served over juicy tomatoes, red onions, carrots, mozzarella cheese, fresh salad mix, and your choice of dressing.

Greek Salad Fresh greens, Feta cheese, Kalamata olives, cucumbers, onions, green peppers, tomatoes, and a cage-free egg. Served with Greek dressing. Add chicken 3

Oriental Chicken Salad 13.99 Fresh salad mix, Mandarin oranges, almondflakes, tomatoes, Asian noodles and grilled chicken. Served with Asian ginger dressing.

Hot n Spicy Chicken Salad 13.99 Breaded buffalo chicken tenderloins sitting on a bed of fresh salad mix, juicy tomatoes, red onions, carrots and mozzarella cheese. Served with buffalo ranch dressing.

Chopped Power Salad Grilled chicken, spinach, Feta cheese, tomatoes, carrots, red grapes, almonds and sweetened, dried cranberries. Served with honey Dijon mustard.

Southwest Chicken 13.99 Grilled spiced chicken sits atop a bed of fresh mixed greens and a savory blend of red onion, tomatoes, mozzarella cheese, corn kernels, black beans, and crispy tortilla chips. Served with southwest ranch.

Protein Power Salad

Superfood Baby spinach, edamame, dried blueberries, avocado, carrots, almonds, shredded coconut, and raspberry dressing.

Wally Salad

Add chicken 3

Fresh salad mix, Mandarin oranges, dried cranberries, sliced avocado, apples, red grapes, walnuts and gorgonzola cheese with Balsamic Vinaigrette.

13.99

13.99

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Dressings



Classics

Ranch, French, Italian, Honey Dijon Mustard, Balsamic Vinaigrette, Caesar, Bleu Cheese

Fat Free

Italian, Raspberry Vinaigrette, Ranch, Oil & Vinegar

13.99

Asian Ginger Sesame, Lime Chipotle Vinaigrette

Rice Bowls



17.99

17.99

17.99

Our chefs have incorporated fresh ingredients into our new menu. These select nutrient-filled foods are packed with iron, calcium, fiber & antioxidants.

Baked Basil Sole

Baked lemon basil-crusted sole filet served with roasted yellow corn, broccoli and cherry tomatoes over cilantro lime rice.

Select Salmon Bowl

Baked salmon, cilantro lime rice, three bean salad, boiled egg, and thinly sliced carrots. Served with horseradish-basil dressing.

Ginger Tuna Bowl

Seared Ahi Tuna, sliced carrots, fresh cucumber, quinoa, and broccoli atop a bowl of our cilantro lime rice. Served with Asian ginger sesame dressing.

Chicken Burrito Bowl

13.99

Southwest grilled chicken, cilantro lime rice, black beans, corn, red onions, and cherry tomatoes. Served with chipotle ranch dressing.

Brick Oven Pizza

	Medium	Large
Plain Cheese	15.99	19.99
Margherita Pizza	15.99	19.99
White Ricotta	15.99	19.99
Toppings	2.99	3.99

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Plain Cheese	е	15.99	19.99	White Double Heat	19.99	25.99
Margherita	Pizza	15.99	19.99	Roasted garlic and parmesan creamy sauce, double applewood		
White Ricott	:a	15.99	19.99	smoked bacon, and oven baked long hot peppers with sweet chili sauce		
Toppings		2.99	3.99	drizzle.		
				Roasted Veggie Tomato sauce, mozzarella, roasted	19.99	25.99
Topping	S			vegetables, goat cheese.		
Proteins	Veggies	0	thers	Buffalo Chicken	19.99	25.99
Pepperoni	Roasted red pepp		nchovies	Grilled chicken, bleu cheese, hot sauce and our special cheese blend.		
Sausage Ham	Caramelized onio Kalamata olives	ns Pi	ineapple	White Vegetarian	19.99	25.99
Ground Beef	Broccoli			Roasted red peppers, onions,		
Bacon Stock 4.7.6	Mushrooms			tomato, mushrooms, broccoli, Kalamata olives, ricotta and		
Steak 4 / 6 Chicken 4 / 6	Jalapeno peppers Roasted green pe			mozzarella cheese.		
	Sweet peppers	0,00.0		Meat Lovers	19.99	25.99
	Banana peppers			The name says it all - loads of pepperoni, sausage, ham and bacon		
	Spinach			layered with our blended cheeses.		
Oi//	LW			BBQ Chicken	19.99	25.99
	intu			Grilled chicken, BBQ sauce, sweet peppers, and red onions.		
	Why					
	he was also			Stuffed Steak Fresh homemade dough packed	25.99	
				with chopped steak and four kinds		
	3,			of quality cheeses to create this filling pizza.		
				*Stuffed Steak Pizza only available in medium sizes.		
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Specialty Pizza

Medium Large



Wraps

11.99

Served with house-made chips or caesar salad.

Southwest Chicken Wrap

Grilled spiced chicken and a savory blend of red onions, tomatoes, mozzarella cheese, corn, black beans, romaine lettuce and crispy tortilla chips topped with southwest ranch.

Lean Green

Superfood

Tomato, cucumber, avocado, and spinach partner up with crunchy almonds, cage-free boiled eggs, and our Three Bean Salad drizzled with Creamy Southwest dressing.

Avocado Wrap

Superfood A fresh tortilla stuffed with savory oven-roasted chicken tenderloin, avocado, apple wood smoked bacon, romaine lettuce, mayo, tomatoes, fresh cilantro, and tangy lime dressing

Grilled Chicken Wrap

to bring together all the flavors.

Served with all-white-meat, lettuce, tomato, red onion, apple wood smoked bacon and honey Dijon dressing.

Chicken Caesar Wrap

Tender chicken wrapped with romaine lettuce, parmesan cheese and Caesar dressing.

California Wrap

Turkey breast, lettuce, tomato, swiss cheese, fresh avocado, bacon and ranch dressing.

Spicy Buffalo Chicken Wrap

A mix of buffalo hot sauce and ranch dressing, breaded chicken tenderloins, romaine lettuce, red onions, apple wood smoked bacon and tomato.

Oven Baked

11.99

Add house-made chips or a side caesar salad for 2.50

Meatball Sandwich

Meatballs smothered in marinara sauce and mozzarella cheese.

Chicken Parmigiana

Breaded chicken breast covered in mozzarella cheese and marinara sauce.

Crab Cake Sandwich

A Select homemade specialty! Light, fluffy and made with the best crab. Served atop a brioche bun with Tartar sauce.

Sesame Baguette Sandwiches

Add house-made chips or a side caesar salad for 2.50

Pot Roast French Dip

14.99

19.99

Overnight oven roast beef chuck steak on a crunchy sesame baguette, dijon mustard and smoked Gouda with a homemade au jus.

Stacked Roasted Turkey

11.99

Roasted turkey, avocado, apple wood 🕻 🕏 smoked bacon, tomato, red onion, cilantro aioli and lime vinaigrette.

Tuscan Roasted Veggie

Basil pesto, mayo, fresh roasted vegetables, Balsamic glaze and goat cheese.

Sliders

Easy to handle - Fun to Eat

Bite-sized sliders on mini brioche buns. Served with house-made chips or caesar salad.

Crab Cake Sliders

19.99

Homemade crab cakes served atop our mini Brioche buns with tartar sauce.

Cheeseburger Sliders

12.99

Bite-sized burgers on mini Brioche buns with ketchup and mustard.

Pretzel Sandwiches

Served with house-made chips or caesar salad.

Short Rib Pretzel Melt

13.99

Chipotle Aioli, bread and butter pickles, tender braised short rib, crispy fried onions, and aged provolone.

Black Bean Chicken Pretzel Melt

12.99

Black bean puree, jalapenos, grilled chicken, smoked gouda, tomato and fresh cilantro.

Steaks

(Approximately 10 inch)

Add house-made chips or caesar salad for 2.50

Long Hot Cheesesteak

12.99

Thinly sliced premium steak topped with melted aged cheddar cheese and long hots.

Cheese Steak

11.99

12.99

12.99

14.99

14.99

Chicken Cheese Steak

11.99 Grilled, marinated chicken breast with melted

American cheese.

Buffalo Chicken Cheese Steak

American cheese melted over steak.

Grilled chicken, American cheese, hot sauce, and bleu cheese.

Wiz Wit

Chopped tender steak smothered with fried onions and cheddar cheese

Burgers

Try it on a Pretzel Bun for only 1.00 more!

1/2 lb Fresh Angus Beef, Never Frozen. Served with house-made chips or caesar salad.

Bacon Prime Burger

Topped with avocado, thick cut bacon, horseradish Dijon and smoked Gouda cheese.

Whiskey burger

Layered with white American cheese, crispy onion strips, chipotle aioli, and our perfectly whisked BBQ sauce.

Cheeseburger

Pick your toppings to finish off our flavorful hamburger.

All American

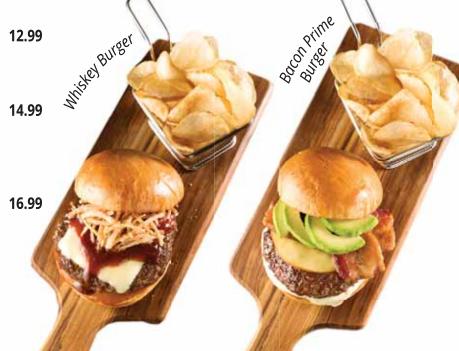
The classic with American cheese, ketchup, mustard, pickles, sliced red onions, crispy *lettuce* and ripe tomato.

The Incredible

Our plant-based burger joins lettuce, tomato, mayo, and house dill pickles for an Incredibly delicious, meatless burger!









Classic Pasta

All Pasta served with homemade breadsticks.

Tipsy Sacchetti Filled with ricotta and Parmesan cheese. Carefully tossed in our homemade brandy blush sauce, cherry tomatoes, and topped with fresh mozzarella.

Spaghetti and Meatballs

Cheese Ravioli and Meatballs

Baked Ziti

Fettuccine Alfredo

Creamy Alfredo sauce served over Fettuccine pasta.

Spice it up with:

Broccoli Chicken Shrimp Crab Meat 7



Low-Carb Proteins

free

17.99

17.99

9.99

9.99

9.99

Greek Lemon Basil Sole

20.99

15.99

15.99

16.99

22.99

22.99

21.99

15.99

Baked lemon basil-crusted sole filet served with roasted broccoli, mediterranean-roasted quinoa, feta cheese, black olives and cherry tomatoes.

Roasted Salmon

17.99

Roasted salmon with Horseradish and basil, Broccoli Quinoa Salad and our homemade Latin Three Bean mix.

10 | 11

Seared Ahi Tuna

Light, lean, and packed with protein - seared Ahi tuna served with Three Bean Salad and Broccoli Quinoa mix.

Glazed Mediterranean Chicken

15.99 Aged provolone cheese atop grilled chicken tenderloins, served with basil-marinated roasted

vegetables and balsamic glaze.

Protein Plate

13.99 Seasoned chicken tenderloins with feta cheese,

steamed broccoli and tomato.

Seafood

Creamy Seafood Spaghetti

Shrimp and crab sauteed in a dry sherry cream sauce, complimented with cherry tomatoes, fresh basil, and parsley twist!

Maryland Jumbo Lump Crab Cakes

Two light and fluffy homemade crab cakes, made with the freshest crab and a special blend of delectable seasonings. Served with fries.

New Orleans Shrimp & Sausage

Shrimp, sausage, onions & sweet peppers sauteed in a spicy red sauce over penne pasta.

Kids Corner

Grilled Cheese

Jumbo Cheesy, Super Yummy. Served with french fries.

Mini Burgers & Fries

Chicken Fingers & Fries 9.99 **Mozzarella Sticks & Fries** 9.99

Spaghetti & Meatballs

White Cheddar Mac and Cheese

Shell pasta in aged white cheddar topped with a crunchy parmesan crumble.

9.99

Chicken

Chicken Parmigiana

Breaded chicken tenderloins, mozzarella cheese, and marinara sauce over a bed of spaghetti.

Chicken Fingers

Six breaded all-white meat tenderloins with sauce for dipping. Served with french fries and honey Dijon.

