

# Salads and Soups

*Additional \$.25 charge for extra dressing and sauces.*

## **Southwestern Chicken \$6.29**

Strips of southwest chicken breast grilled, cucumbers, black olives, Roma tomatoes, scallions, shredded cheddar and mozzarella cheese, tortilla straws, with salsa ranch

## **Big Chop \$6.29**

Diced turkey breast, baked ham, bacon, broccoli, cauliflower, Roma tomatoes, hard boiled egg, scallions, shredded cheddar and mozzarella cheese, choice of dressing

## **Tavern \$6.29**

Diced Roma tomatoes, black olives, red onions, julienne Genoa salami, feta cheese crumbles, bell peppers and slivered almonds served over mixed lettuce tossed with balsamic vinaigrette

## **Garden \$2.99**

Cucumbers, Roma tomatoes, red onions, croutons, choice of dressing

## **Tuna Salad Plate \$5.79**

Our homemade tuna salad served over shredded lettuce with fresh cut fruit, sliced tomatoes and saltine crackers

## **Chicken Salad Plate \$5.69**

Homemade recipe with 100% chicken breast, served over shredded lettuce with sliced tomatoes, fresh cut fruit and saltine crackers

## **Chicken BLT \$6.29**

Grilled chicken breast strips, Roma tomatoes, diced bacon, shredded cheddar and mozzarella, choice of dressing

## **Turkey Cranberry Poppyseed \$6.29**

Diced turkey breast, dried cranberries, cucumbers, roasted walnuts, crumbled feta cheese served over mixed lettuce tossed in our cranberry poppyseed dressing

## **J.R.'s Taco Salad \$6.29**

Taco seasoned ground beef or southwest chicken, shredded cheddar and mozzarella cheese, Roma tomatoes, scallions, tortilla chips, salsa ranch dressing and sour cream

## **Grilled Chicken \$6.29**

Grilled chicken breast strips, hard boiled egg, Roma tomatoes, red onions, cucumbers, shredded cheddar and mozzarella cheese, choice of dressing

## **Black and Bleu Chop \$6.29**

Chopped blackened chicken breast, bleu cheese crumbles, Roma tomatoes, cucumbers, scallions, bacon, served over mixed lettuce with a side of our homemade bleu cheese dressing

## **Caesar \$4.49**

Fresh Romaine lettuce, Roma tomatoes, tossed to order in our homemade Caesar dressing and topped with croutons and parmesan cheese

*-With grilled chicken breast \$5.99*

## **Soup and Salad \$5.29**

A garden salad with choice of dressing and a cup of soup of the day or chili

## **Soups of the Day**

**Cup \$2.89 Bowl \$3.99**

## **Chili**

Our homemade chili served with crackers

**Cup \$2.89 Bowl \$3.99**

**Dressings Available-** Bleu Cheese, Ranch, Honey Mustard, Salsa Ranch, Feta Vinaigrette, Fat Free French, Fat Free Ranch, 1000 Island, Cranberry Poppyseed, Parmesan Vinaigrette, Caesar

## **Side Dishes - \$1.39**

Fresh Fruit  
Pasta Salad  
Redskin Potato Salad

Cottage Cheese  
Potato Chips  
Slaw

Side Salad  
Steamed Broccoli  
Pretzels

# Sandwiches

Additional pepper jack, American, Swiss, muenster or mozzarella cheese \$.50 extra

## **The Club \$6.29**

Turkey breast, baked ham, bacon, American and Swiss cheese, lettuce, sliced tomatoes, and mayo served on toasted wheat or white bread

## **Garden Club \$5.69**

Cucumber, lettuce, Roma tomatoes, roasted red peppers, and alfalfa sprouts with Balsamic Vinaigrette dressing and herb cream cheese spread on homemade Indian grain wheat bread

## **Turkey Cranberry Melt \$5.79**

Lean turkey breast, Roma tomatoes, lettuce, mozzarella cheese, and cranberry Sauce on toasted wheat bread

## **Lawyer's Hero \$6.29**

Chicken breast strips, bacon, cheddar cheese, lettuce, Roma tomatoes, and honey mustard dressing on toasted white or wheat bread

## **Egg Salad \$3.99**

Our homemade recipe egg salad, served with lettuce and tomato on toasted white or wheat bread

## **Chicken Salad \$4.99**

Our homemade recipe made with 100% chicken breast, served with lettuce and tomato on toasted white or wheat bread

## **Tuna Salad \$5.29**

Our homemade tuna salad served with lettuce and tomato on toasted white or wheat bread

## **Veggie Melt \$5.29**

Sautéed mushrooms, grilled onions, roasted bell peppers, homemade spinach dip, alfalfa sprouts, muenster and mozzarella cheese, served on toasted wheat bread

## **Malibu Melt \$6.29**

Lean turkey breast served warm on toasted wheat bread with bacon, fresh avocado, muenster cheese, alfalfa sprouts, tomatoes, and Dijon mustard sauce.

## **Spinach Melt \$5.79**

Our spinach mix served warm with sliced bacon, tomatoes, alfalfa sprouts, and mozzarella cheese on toasted wheat bread

## **Four Cheese \$4.29**

Bacon, tomato, American, Swiss, mozzarella, and muenster cheeses served on grilled white or wheat bread

## **Deli Sandwich \$5.29**

Turkey breast or baked ham, served with lettuce, tomato, mayonnaise, and your choice of cheese on white or wheat bread

## **Buffalo Chicken Sandwich \$5.99**

Tender chicken breast strips tossed in our homemade buffalo sauce, topped with mozzarella cheese, shredded lettuce, Roma tomatoes, and Ranch dressing on toasted white or wheat bread

## **Southwest Chicken Melt \$5.79**

Southwestern chicken strips with pepper jack cheese, salsa ranch, shredded lettuce, and Roma tomatoes on toasted white bread

## **Hot Ham and Cheese \$5.29**

Sliced ham, mozzarella, muenster, and American cheese, served warm on toasted white or wheat bread

## **Chicken Quesadilla \$5.29**

Flour tortillas filled with our southwest spiced chicken breast strips, shredded cheddar and mozzarella cheese, grilled to a golden brown and served with sour cream and salsa

## **Meatloaf Melt \$5.79**

Our homemade meatloaf grilled on toasted wheat bread with American cheese, grilled onions, and a brown sugar glaze.

## **BLT \$5.79**

Slices of bacon stacked on toasted white or wheat bread with lettuce, tomato, and mayonnaise

# Wraps

## **Baja Chicken Wrap \$6.29**

Southwestern spiced chicken breast strips, fresh avocado, black olives, lettuce, tomato, pepper jack cheese, salsa ranch sauce, and herb cream cheese stuffed in a whole wheat wrap.

## **California Club Wrap \$6.29**

Lean turkey breast, alfalfa sprouts, Swiss cheese, lettuce, tomato, fresh avocado, Dijon mustard sauce, and herb cream cheese spread stuffed in a whole wheat wrap.

## **Veggie Wrap \$6.29**

Hummus, alfalfa sprouts, lettuce, Roma tomatoes, fresh avocado, Dijon mustard sauce, and roasted bell peppers stuffed in a whole wheat wrap.

## **BLT Avocado Wrap \$6.29**

Bacon, lettuce, tomato, shredded cheddar and mozzarella cheese, fresh avocado, and herb cream cheese spread stuffed in a whole wheat wrap.

## **Chicken Caesar Wrap \$6.29**

Chicken breast strips, tomatoes, Romaine lettuce, Caesar dressing, mozzarella cheese, and herb cream cheese spread stuffed in a whole wheat wrap.

# Combo Special

Add a side and a soda or bottled water  
to your sandwich or salad- \$1.79

Add a side to your sandwich or salad- \$1.09

## **Side Item Choices**

Fresh Fruit      Pasta Salad

Redskin Potato Salad

Cottage Cheese      Potato Chips

Pretzels      Slaw

Side Salad      Steamed Broccoli

# Breakfast

Served 7:30-10:30

## Omelettes

All omelettes are made with fresh beaten eggs. Substitute egg beaters or egg whites for \$1.00

### **Western \$4.49**

Baked ham, caramelized onions, bell peppers, mozzarella and cheddar cheese.

### **Country King \$4.99**

Sausage, bacon, ham, caramelized onions, muenster, mozzarella and cheddar cheese.

### **Very Veggie \$4.59**

Spinach, broccoli, roasted bell peppers, caramelized onions, diced tomatoes, mushrooms, fresh herbs, cream cheese.

### **Cheese Cheese \$3.49**

Muenster, cheddar, mozzarella, American cheese.

### **Bacon and Cheese \$4.49**

Diced bacon, mozzarella, American cheese.

### **Florentine \$4.99**

Spinach, mushrooms, diced tomatoes, cream cheese, mozzarella cheese.

### **Ham and Cheese \$4.29**

Ham, muenster, American cheese.

## Breakfast Sandwiches

### **Egg Sandwich \$3.99**

Two scrambled or fried eggs on grilled white or wheat with American cheese and bacon or sausage.

### **Breakfast Egg & Cheese Biscuit \$2.59**

Your choice of a sausage patty, bacon, or ham, scrambled or fried egg, American or mozzarella cheese on a homemade biscuit.

### **Breakfast Burrito \$4.99**

Scrambled eggs wrapped in a warm tortilla with cheddar and mozzarella cheese, fresh salsa, and bacon, ham, or sausage.

### **Green, Eggs, and Ham \$4.49**

Spinach, egg whites, mozzarella, and ham on a toasted whole wheat English muffin.

### **The Hole Shebang \$4.99**

Scrambled eggs, bacon, ham, sausage, American, mozzarella, and muenster cheese, stuffed in a toasted bagel.

## Ala Carte

**Coffee Cake \$1.29**

**Homemade Toast \$1.79**

**Biscuit and Gravy \$2.49**

**Homemade Biscuit \$1.49**

**Bacon or Sausage \$2.49**

**English Muffin \$1.99**

**1 Egg \$1.19      2 Eggs \$1.99**

**Sausage Gravy \$1.29**

**Seasonal Fruit \$1.39**

**Cereal \$2.79**

**Bagel \$1.49**

**Bagel & Cream cheese \$1.99**