

## EXPRESS LUNCH



### **Curry Chicken Salad . . . . \$7**

Served with baby greens, cucumbers and mustard seed vinaigrette

### **Spicy Chicken Salad . . . . \$7**

Served with plum tomatoes, baby greens and molasses vinaigrette

### **Roasted Turkey Wraps . . . . \$7**

Served with baby greens, tomato and curry aioli in a grilled tortilla

### **Chicken Salad Wrap . . . . \$7**

Choice of spicy or curry salad served with baby greens and tomato in a grilled tortilla

### **Hummus Wrap . . . . \$7**

Our hummus with grilled portabella, tomatoes, feta and carrots in a grilled tortilla and served with cilantro-ginger sauce

### **Lobster BLT . . . . \$14**

Homemade Maine lobster salad served on baby greens with crisp bacon and plum tomatoes tossed in fig balsamic vinaigrette

## OFF THE GRILL

### **Steak Sandwich . . . . \$8.5**

Grilled steak with caramelized onions on a toasted bun with a side of stilton fondue

### **Portabella Burger . . . . \$8**

Baby greens, tomato, basil, goat cheese and grilled portabella mushroom served on a toasted bun

### **Tuna Burger . . . . \$9**

Flash grilled ahi tuna (rare) thinly sliced and served with tomatoes, cucumbers and spicy aioli on a toasted bun

### **Pulled Pork Sandwich . . . . \$8**

Bbq pork served with nappa slaw on a toasted bun

### **Pub Burger . . . . \$8**

8oz angus burger flame grilled and served with the works

### **Fish and Chips . . . . \$11**

Atlantic cod lightly beer battered, served with crispy french fries and traditional accompaniments

**Fish Sandwich . . . . \$8.5**

Beer battered cod with baby greens and tomatoes on a toasted bun, served with a side of tartar sauce

**Grilled Chicken Sandwich . . . . \$8.5**

Topped with feta cheese, baby greens, tomato on a toasted bun, served with a side of cilantro-ginger sauce

**Turkey Burger . . . . \$8**

7oz flame grilled burger served on a toasted bun with the works

**SALADS**

**Mad Dog Salad . . . . \$6**

Baby greens tossed with stilton cheese, mustard raspberry vinaigrette and topped with candied pecans

**Mixed Greens . . . . \$6**

Baby greens tossed in mustard vinaigrette topped with raisins, carrot, jicama and basil seeds

**Crisp and Fresh . . . . \$7**

Jicama, apples, fennel, pears, nappa cabbage, stilton, basil and pecans tossed in apple cider vinaigrette

**Salad Sampler . . . . \$8**

Mini portions of any three salads from above including the chicken salads (your choice)

**SIDES**

Hummus and Naan . . . . \$8

Sweet Fries . . . . \$2.5

Cheese . . . . \$1

Stilton . . . . \$1.5

Spicy Fries . . . . \$2.5

Lobster . . . . \$7

Cucumber-Nappa . . . . \$

Cilantro-Ginger . . . . \$2

Fruit . . . . \$2

Regular Fries . . . . \$2

Curry Aioli . . . . \$2

Naan . . . . \$2

Fondue . . . . \$2