

APPS & GREENS

SHRIMP COCKTAIL	16.95
FRIED CALAMARI	11.95
STUFFED QUAHOQS(2)	8.95
CHIX TENDERS	10.95
MOZZARELLA STICKS	8.95
ONION RINGS	6.95
BASKET OF FRIES	4.95
CHICKEN WINGS (10)	14.95
VEGAN SPRING ROLLS	9.95
CIABATTA TOAST W/HUMMUS & RSTD RED PEPPERS	6.95
SOUP OF THE DAY	3.95 5.95
CHOWDER	4.95 6.95
VEGAN CHILI	4.95 6.95
BAKED ONION SOUP	5.95
CHEF'S SALAD	14.95
CAESAR SALAD	9.95
w/chicken	13.95
w/shrimp	16.95
W/salmon	17.95
W/steak tips	
COBB SALAD	14.95
PAR SALAD	14.95
Bed of greens, cole slaw, pasta salad, & your choice of tuna, chicken or egg salad	
STUFFED TOMATO	11.95
A whole tomato stuffed with tuna, chicken or egg salad	

SANDWEDGES (with 1 side)

SEGGY BURGER	12.95
SEGGY DOG	8.95
CHICKEN SANDWICH Charbroiled or fried	12.95
DELI SANDWICH Roast Beef, Turkey, Ham, Pastrami, Chicken Salad, Tuna Salad or Egg Salad	9.95
BLT	8.95
SMOKEY MOUNTAIN Turkey, Bacon, BBQ, Cheddar	10.95
STEAK & CHEESE SUB	12.95
CHICKEN PARM SUB	12.95
SCALLOP ROLL	15.95
MAKE ANY SANDWICH A CLUB	3.00

HEALTHY CHOICES

TOFU BANH MI	8.95
ZOODLES W/PASTA SAUCE	8.95
VEGETABLE RISOTTO	9.95
GRILLED EGGPLANT "BURGER"	8.95

QUESADILLAS

CHEESE w/Lettuce & Tomato	6.95
Add Bacon	\$2.00
Add Chicken	\$3.00
Add Shrimp	\$7.00

LUNCH PLATES

FISH & CHIPS	13.95
CHICKEN PARM over pasta	13.95
VEAL PARM over pasta	14.95
12 OZ CHOPPED SIRLOIN	12.95
BAKED HADDOCK	13.95
STEAK TIPS	14.95
BROILED CHICKEN	12.95
BROILED SALMON	15.95
MACARONI & CHEESE	8.95

WRAPS (with 1 side)

BUFFALO CHICKEN	11.95
BEEF, MUSHROOM, CHEDDAR	11.95
CHICKEN TERIYAKI	11.95
VEGETABLE	9.95
BBQ CHICKEN	11.95
CHICKEN CAESAR	11.95