



All Lunch Specials include a soda or coffee, and a bowl of soup
All wraps, burgers, paninis and sandwiches include french fries or homemade potato chips
Add an ice cold tap beer for only \$3.95

PRICE FIXE LUNCH



AVOCADO TOAST

2 poached eggs, smashed avocado, everything bagel seasoning, baby arugula, grape tomato, breakfast potatoes

HONEY BBQ WRAP

chicken cutlet, cheddar, bacon, sautéed onions, avocado

TURKEY BLT WRAP

house roasted turkey, bacon, baby greens, tomato

SOUTHWEST CHICKEN WRAP

grilled chicken, baby greens, jack cheese, black bean corn salsa, tortilla chips, southwest ranch

CHICKEN BACON RANCH WRAP

chicken cutlet, baby greens, tomato, mozzarella

CUBAN CHICKEN PANINI

chicken cutlet, ham, swiss, pickles, mustard

CAPRESE PANINI

fresh mozzarella, tomato, roasted peppers, pesto, balsamic glaze

CANTINA BURGER

sharp cheddar, bacon, pico de gallo, baby arugula, pickled red onions, sunny side up egg, black pepper aioli

KOREAN BBQ SHORT RIB GRILLED CHEESE

pickled red onion, cheddar, mozzarella, baby arugula, sriracha aioli, grilled sourdough

SPICY TUNA MELT

house-made tuna, hot peppers, house pickles, red onion, celery, baby arugula, swiss, fried crispy onions, fresh baked sourdough

REUBEN

grilled corned beef, sauerkraut, swiss, grilled rye

PROTEIN POWER BOWL

grilled chicken, rice, chopped cucumber & tomato, baby greens, avocado, fresh lemon juice, EVOO

IONIAN CHOPPED SALAD

baby greens, grape tomato, cucumber, red onion, roasted red peppers, hummus, crumbled feta cheese, white balsamic vinaigrette

CHEF SALAD

roast beef, baby greens, roast turkey, ham, swiss, american, cherry tomato, cucumber, hard boiled egg
recommended dressing - thousand island

GREEK SALAD

grilled chicken, feta, baby greens, cherry tomato, cucumber, peppers, grape leaves, olives

SOUTHWEST CHICKEN SALAD

grilled chicken, baby greens, jack cheese, black bean & corn salsa, tortilla chips, southwest ranch

CLASSIC CHICKEN SALAD PLATTER

CLASSIC TUNA SALAD PLATTER

HOMEMADE SPINACH PIE

with Greek Salad

GREEK CRUNCHWRAP

fresh shaved gyro meat, cucumber, tomato, crumbled feta, tzatziki, lemon herb vinaigrette, served with fries