



Entrée Salads

Mediterranean Chicken Salad *GF*

Grilled lemon rosemary chicken breast, spring mix, artichoke hearts, Kalamata olives, roasted red peppers, chick peas, feta cheese & balsamic vinaigrette

Shrimp Cobb Salad *GF LF*

Grilled shrimp, crispy bacon, romaine lettuce, tomato, hard boiled eggs, avocado & green goddess

Sides

Parmesan Whipped Potatoes *GF*

Zucchini with Pinenuts & Basil Oil *GF LF*

Stir Fry Vegetables *GF LF*

Dilled Beets *GF LF*

Entrees

Seafood Medley

Gulf shrimp, all natural sea scallops and lobster meat in sherry velouté served in a puff pastry shell

Grilled Tuna Steak *GF LF*

Ahi tuna steak grilled to order served with artichoke hearts, kalamata olives, capers, roasted red tomatoes, fresh basil, fresh oregano & lemon.

Beef Tenderloin Tips Champignons

Tenderloin of beef tips and locally grown Seacoast Mushrooms (Mystic, CT) in brandied Dijon demi glace served with buttered egg noodles.

Cranberry Stuffed Porkloin *LF*

Boneless, centercut porkloin stuffed with cranberry stuffing served with sage pan gravy and whole berry cranberry sauce.

Classic Manicotti

Egg pasta sheets filled with locally made Liuzzi ricotta cheese (Hamden, CT.), mozzarella cheese, parsley, garlic and romano baked in marinara sauce and served with Lighthouse Bakery (Downtown Mystic) garlic bread.

Roast Cornish Game Hen *GF LF*

Half a sage & thyme roasted Cornish game hen served with natural pan gravy and blended wild rice pilaf.

Our gluten free items are prepared in a kitchen that also serves products made with wheat

*Consuming raw or undercooked meat, poultry, seafood or shellfish may increase your risk of food borne illness

GF – GLUTEN FREE LF - LACTOSE FREE

Salads

Caesar Salad – *Crispy Romaine lettuce, aged Parmigiano Reggiano cheese, croutons, & house made Caesar dressing*

House Salad – *Organic spring mix, cucumbers, tomatoes, carrots, sliced red onions & olives with your choice of dressing.*

Mediterranean Salad – *Mixed baby greens, long stemmed artichoke hearts, kalamata olives, roasted red peppers, roasted tomatoes sliced red onion & feta cheese*

Entrees

Salmon GF LF – *Fresh Atlantic salmon fillet grilled or poached served with fresh lemon & micro sprouts.*

Pork Chop GF LF - *Center cut, bone in pork loin chop grilled to order served with apple sauce.*

Pasta Primavera - *Pasta and fresh seasonal vegetables tossed in your choice of creamy parmesan sauce, marinara sauce or garlic & extra virgin olive oil served with Parmigiano Reggiano cheese.*

Grilled Sirloin Steak LF – *Certified Angus Beef New York sirloin steak grilled to your specifications served with mushroom demi-glace*

Chicken Breast GF LF – *Grilled fresh, boneless, skinless chicken breast marinated in lemon & rosemary.*

Filet Mignon GF LF - *6 oz. filet mignon grilled to your specifications.*

Sandwiches and Burgers

Build your own Sandwich

Choice of turkey, ham, roast beef, chicken salad, or tuna salad. Add Swiss or American cheese on choice of rye, wheat, white bread or brioche roll.

Black Angus Burger

Grilled Black Angus burger on a brioche roll with lettuce, tomato & red onion.

Grilled Cheese

Grilled cheese sandwich with your choice of ham, bacon or tomato

Grilled Portobello Burger

Garlic & herb marinated grilled portobello mushroom with roasted red peppers, baby spinach, garlic aioli & smoked gouda cheese served on a brioche roll.

Sides

Coleslaw GF • **Potato Salad** GF • **Baked Potato** GF • **Baked Sweet Potato** GF LF

French Fries LF • **Sautéed Spinach** GF LF • **Brown Rice** GF LF

Onion Rings • **Vegetable of the Day** GF LF

Rare = Cool Red Center • Medium Rare = Warm Red Center

Medium = Hot Pink Center • Medium Well = Slightly Pink Center

Well Done = No Pink