

LUNCH BLACKBOARD

Ph..369 6311/369 6310 CateringPlattersofsalads,pasta shrimp,crabcakes (f)369-4170

Fruit:Watermelon,Strawberries,Kiwi,Cantaloupe,Pineapple,Mango...6.00

WatermelonLemoade.3.5.MangoLemonade.3.50..ArnoldPalmer's..IceTea..2andmore..

I. *The Montauk Salad.. Spring mix, seared cajun shrimp, blue berries, raspberries, goat cheese, grape tomatoes, cucumbers, cabbage, carrots & balsami dressing.9 cajun chicken 7.95*

II. *The Selena Salad.. spinach, grilled duck, feta cheese, red onions, radicchio, grilled pineapple, cherry tomatoes, chopped cucumbers with sesame teriyaki dressing ..8.75*

III. *The Maria Salad.. Baby arugula. grilled steak, roasted almonds, sliced plums, gorgonzola cheese, carrots, cherry tomato, cucumbers and balsamic dressing... 7.75.*

IV. *The Wave Salad. .spring mix, crab cakes with wasabi cream, red onions, chick peas, yellow tomatoes, cabbage, carrots, cucumbers, tomatoes & r dressing..8.95*

V. *The Rosa Salad.. Chopped romaine, grilled chicken, gorgonzola cheese, prosciutto, croutons, chick peas, cucumbers, cabbage, carrots, red onions, tomatoes& caesar dressing...7.75*

VI. *Shrimp Lunch..breaded and fried on a soft roll with chopped pickle tartar sauce, lettuce and tomato, served with potato salad and dill pickle...9.*

VII. *The Roma Panini. Rosemary roll, bread, breaded chicken, goat cheese, prosciutto, yellow pepper, baby arugula, basil pesto with a side salad ...7.75*

VIII. *The Summer Panini.. Grilled strip steak on g arlic bread, melted swiss, sautéed shiitake mushrooms and onions with potato salad ..8.*

IX. *The Salmon Burrito. Grilled salmon, guacamole, salsa, cilantro pesto, black beans, roasted corn , yellow rice with side salad....12*

X. *The Tortola Taco. Soft tacos spicy beef and ground pork, shredded cheese, roasted poblano peppers, sour cream , side of rice topped with tomato salsa...8.*

XI. *Vegetarian Giovani Panini..italian bread, grilled Portobello, broccoli rabe, sundried tomato pesto, melted fresh mozzarella, and pasta salad...7.75*

XII. *The Callisto Panini.french bread, marinated hanger steak, chopped spinach, melted provolone, tomato salsa& side salad ....8*

XIII. *The Carumba Wrap.. Cajun chicken, cheddar, honey mustard tomato salsa potato salad..7.5*

XIV. *Bolognaise Pasta..ground beef, pork with sanmarzano tomatoes and topped with ricotta cheese over rigatoni pasta..10*

XV. *The Roastbeef Sandwich..roast beef, mozzarella, fried onions, tomato, fresh tarragon horseradish mayo on a sour dough roll w/potato salad...7.*

XVI. *Black Bean Burger..potato roll, American cheese, .dill mayo, fried onions, tomato and potato salad ...8.*

XVII. *Breaded Cutlet Sandwich..croissant roll with remolaude, tomato and potato salad....6.25*

XVIII. *Mini C a e s a r Salad.. Grilled Chicken with all the trimmings...5/7(large or small)*

XIX. *Tomato Panini..rosemary roll, sliced tomato, fresh mozzarella, arugula, basil pesto pesto..6*

XX. *Calabria Panini...italian bread, roasted peppers, broccoli rabe, provolone, basil olive oil.6*

XXI. *Turkey Wrap....turkey, chopped romaine, tomato, bacon and mayo with chips.. 7*

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