

LUNCH BLACKBOARD

369-6310/6311 ServingTheNorthForkForCateringandDinner(fax)369-4170

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

Soups and CHILE..Please Call...

- I. The Barolo Salad. Arugula, grilled marinated shrimp with sweetly peppers, lemon basil oil, endive, radicchio, goat cheese cabbage, carrots, tomatoes with basil dressing..9.95 (chicken 8)
- II. The Park Bench Salad...spring mix, grilled chicken, cranberries, feta cheese, walnuts, carrots, cabbage, grape tomatoes, chick peas spring mix & balsamic dressing .7.95
- III. The Palm Chopped Salad..chopped romaine, grilled chicken, chopped asparagus, red onions, romano cheese, cabbage, carrots, tomato, croutons, roasted peppers & balsamic dressing...7.95 Salmon 18
- IV.The Spinach Salad...baby spinach, marinated duck, diced mango, black berries, goat cheese, cabbage, carrots, grape tomatoes and sesame ginger dressing 9
- V. The Viola Salad..baby arugula, endive, red onions, breaded chicken, shaved romano cheese, mini sweetly peppers, cherry tomatoes and balsamic dressing.....7.95
- VI. The California Panini.....french bread, grilled steak, roasted garlic oil, arugula, sliced tomatoes and Caesar side salad. ..8
- VII. The Sono Panini..focaccia bread, melted mozzarella, seared chicken, broccoli rabe and side salad.7.5
- VIII. Sanoma Panini..croissant roll, marinated short rib, melted swiss cheese and potato salad...8
- IX. The Marina Wrap..seared shrimp, baby arugula, chopped cucumbers, goat cheese, roasted red peppers, and basil pesto with a broccoli chick pea and tomato salad..10
- X. Dover Sandwich. Triple layer 7 grain, sliced marinated duck, bacon, guacamole spread, tomato, romaine, with a bbq mayo served with a QUINOA ND COUS COUS salad..10.75
- XI. The Venice Beach Burrito. grilled asparagus, grilled zucchini, black beans, yellow rice, poblano peppers, jalapeno pesto with a spinach side salad. ...7.75.
- XII. Classic Caesar Wrap..seared chicken, chopped romaine, tomato, red onion with pasta side salad...7.75
- XIII. Fairway Turkey Wrap..turkey with bacon, melted swiss, avocado, bbq with potato salad... 7.75.
- XIV.Philly Beef Sandwich.french bread, sauteed roast beef, fried onions, melted mozzarella, aju w/potato salad..7.75
- XV. TACO TACO ..cajun shrimp, chorizo, mango, jalapeno pesto, queso fresco with chips...10
- XVI. The Mini Steak Sandwich....on croissant roll with tomato, melted mozzarella & pasta salad.....7.50
- XVII. Cora Wrap..cajun salmon, tomatillo salsa, chopped fresh spinach, black beans, feta cheese with a side salad..14
- XVIII..Orient Wrap..seared chicken, muenster cheese basil mayo and potato salad..7.50
- XIX. Chicken or Tuna Salad Melt..american cheese .toasted pita with lettuce and tomato with chips..7.5
- XX Ham Melt..12 grain, swiss, mustard and chips..7
- XXI. S m a l l Simple Salad..all the trimmings with cranberries, chick peas, and balsamic...5
- XXIII..SOUP and WRAP...steak, cheddar, tomato, honey mustard..8

