

LUNCH BLACKBOARD

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

Fruit: Watermelon, Strawberries, Kiwi, Cantaloupe, Pineapple, Mango 4.50...

Lemonades: Strawberry mango, watermelon 3.50 and Arnold Palmers Ice Tea..

- I. *The Cabo Salad. Arugula, grilled marinated shrimp with a sesame ginger glaze, endive, radicchio, sliced mandarine oranges, cabbage, carrots, cherry tomato with sesame ginger dressing..9*
- II. *The Beach Salad...spring mix, grilled chicken, peaches, blackberries, gorgonzola cheese, carrots, cabbage, grape tomatoes, chick peas spring mix & balsamic dressing .7.95 crab cakes 9.75*
- III. *The Solito Chopped Salad..chopped romaine, steak, olives, roasted yellow peppers, fried artichoke hearts, chopped cucumbers, asparagus red onions, cabbage, carrots, tomato, goat cheese & basil dressing. 7.95*
- IV. *The Miami Salad...baby spinach, Cajun chicken, blood orange glaze, strawberries, blueberries, chick peas, feta cheese, cabbage, carrots, grape tomatoes and mango vinaigrette dressing 7.95 tuna 10*
- V. *The San Jose Salad...spring mix, cajun salmon, black beans, diced raw yellow peppers topped with fried tortilla strips ,cabbage, carrots, cucumbers, chick peas, grape tomatoes and ranch dressing....10*
- VI. *The Napa Panini...rosemary roll, roasted yellow peppers, grilled zucchini, melted goat cheese, sundried tomato spread, arugula, balsamic reduction with a side salad ..7.95*
- VII. *The Sonia Panini...italian bread, grilled chicken, prosciutto, sautéed spinach, tomato sauce, melted provolone with pasta salad.7.75*
- VIII. *Jackson Panini...sliced fillet mignons, sautéed shiitake mushrooms, melted swiss, and potato salad..9.00*
- IX. *Fish Taco.seared Cajun with a mango peach jalapeno salsa goat cheese, with a cucumber tomato and broccoli salad....11*
- X. *Fairway Club Sandwich. Triple layer 7 grain, turkey, bacon, tomato, sliced avocado, romaine, mayo with a tomato and potato salad....7.5.*
- XI. *The Jules Burrito..grilled chicken, pink beans, tomato and green onion salsa with a dash of white balsamic, chopped spinach with feta cheese and side salad ..8.*
- XII. *Cancun Wrap..Cajun chicken, jack cheese, remolaude, tomato and chips.....7.5*
- XIII. *Roast Beef Sandwich..sour dough roll, applewood smoked bacon, melted swiss and horseradish mayo w and chips...7.25*
- XIV. *Duck Dynasty..on croissant roll with avocado, tomato, melted american w/ pot salad..8.75*
- XV. *Sirloin Burger..cheddar, red onion, tomato, ketchup(on side) with potato salad..8*
- XVI. *The California Burger..all veggie burger, grilled zucchini, sautéed spinach, tomato, basil mayo, on croissant roll with side salad8.*
- XVII *Boston Wrap..ham turkey swiss, bacon, honey mustard with potato salad..725*

PortionControlledLunch

- XIX. *Grilled Vegetable Wrap...zucchini, eggplant, asparagus, yellow roasted peppers with basil aioli ..6*
- XX. *Caesar Chicken Wrap..with tomato, mozz, caesar mayo and chips....6.5*
- XXI. *Fresh Mozzarella and Tomato and prosciutto italian bread with olive oil, salt and pepper.....5.00*
- XXII. *Simple Salad..all the trimmings with cranberries, chick peas, and balsamic...7*
- XXIII *Grilled Cheese...thick cut texas toast american with potato salad and pickels..7*

