

Salads

Caesar Salads

Crisp Romaine tossed with Caesar Dressing, Croutons and Grated Romano Cheese
7.95

with: Shrimp 10.95
Grilled Salmon 10.95
Grilled Chicken 9.95

Veggie

An extra big helping of Fresh Salad Greens and Garden Vegetables
7.95

Taco Salad

Corn Chips topped with Fresh Greens, Cheese, Salsa, Sour Cream & Guacamole. Choose Mexican Chicken or Beef, Pulled Pork or our own Ground Beef Chili.
9.95

Smoked Chicken & Green Apple

Fresh Lettuce & Garden Vegetables topped with Hickory Smoked Chicken Breast, Sliced Green Apples, Sliced Almonds, Gorgonzola Cheese and our own Balsamic Vinaigrette or Ranch Dressing 11.95

Grilled Jerk Chicken Salad

Fresh Salad Greens topped with a Grilled Jerk Chicken Breast and garnished with Corn, Black Beans, Tomato, Cheese and a side of Honey Mustard Dressing
10.95

Citrus BBQ Glazed Salmon Salad

Glazed Salmon Fillet over Romaine Hearts with Grape Tomatoes, Red Onion and Croutons tossed in a Raspberry Vinaigrette
10.95

Vegan Suggestions

Black Bean Quesadilla w/ salsa, red onion & chilies. side 5.50 Platter w/2 sides and cornbread. 9.50
Refried Bean Tostada w/ lettuce, tomato, onion. side 5.95 Platter w/2 sides and cornbread. 9.95
Vegan Burger w/ lettuce, tomato, onion. side 4.95 Platter with sweet potato or french fries. 7.95
Sweet Potato & Black Bean Taco w/ L&T. side 4.25 Platter w/2 sides and cornbread. 8.25
Refried Bean Buritto filled w/ tomato, red onion and rice. side 6.95 Platter w/2 sides & CB. 10.95
Sweet Potato & Black Bean Chili Bowl side 4.95 Platter w/2 sides and Cornbread. 8.95

Tostadas

A Light Meal or an Appetizer for 2 - 6. Healthy & Good Fun. Grill a 10" flour tortilla with refried beans and your choice of topping. Garnish it all with chopped lettuce, tomato and quacamole. Cut into 6 pieces and serve it mild, med. or Hot. **VIOLA!**

VEGAN (Just Beans) 5.95 **VEGETARIAN** (Bean & Cheese) 7.95
SEAFOOD (Bean, Salmon & Cheese) 9.95 **JUST CHEESE** (No Beans) 7.95
MEAT & CHEESE
 Bean & Chicken 9.95 Bean & Beef 9.95 Bean & Pulled Pork 9.95