

Appetizers

Shoestring Fries

\$5.15

Bowl of Soup

with crackers – \$6.95

Garlic Knots

6 knots with marinara sauce – \$9.50

Nachos

Topped with black beans, cheddar, pickled jalapeños, guacamole, salsa, and sour cream – \$10.25

Hot Artichoke Spinach Dip

with home made tortilla chips – \$12.50

Mozzarella Sticks

8 sticks with marinara sauce – \$12.50

Eggplant Parmesan Wheels

\$13.50

Italian Onion Soup Boule

\$12.50

Omelets

Served with hash browns or a side of sourdough or rye toast. Egg whites on request.

Cheese Omelet

Filled with cheddar cheese – \$9.25

Italian Omelet

Filled with onion, mushroom, peppers & mozzarella – \$11.50

South of the Border Omelet

Filled with salsa, avocado, cheddar, sautéed onions & peppers – \$11.50

Grilled Vegetable Omelet

Filled with zucchini, eggplant, summer squash, mushrooms, red pepper & onion – \$12.50

Garden Vegetable Omelet

Filled with mushrooms, tomato, peppers & onions – \$11.50

Entrée Pizzas

10" individual or 14" shareable, served on wheat or white base

Cheese Pizza

\$8.20 / \$14.50

Vegetable Pizza

Sautéed tomato, eggplant, mushrooms, onions, peppers, mozzarella – \$10.25 / \$15.50

Margherita Pizza

Fresh tomatoes, basil, mozzarella – \$9.25 / \$15.00

Four Cheese Pizza

Feta, ricotta, cheddar, mozzarella – \$11.50 / \$16.50

Greek Pizza

Feta, peppers, olives, tomatoes, mozzarella – \$10.25 / \$15.50

Kids Menu

Pizza Bagel

\$7.25

Entrée (select one): Baked Ziti, Mac n' Cheese, Fettuccini Alfredo

Served with a side of French Fries or a Petite Caesar Salad – \$9.25

Slice of Cheese Pizza

Served with a side of French Fries – \$6.25

Penne Marinara

Served with a side of French Fries or a Petite Caesar Salad – \$8.20

Pasta & Entrées

All pasta entrées served with garlic bread and a small Caesar salad

Fettuccini Alfredo

\$15.50

Penne Veg Primavera

\$15.50

Cheese Ravioli

Hand made and served in a creamy tomato basil sauce – \$18.50

Homemade Spinach Manicotti Marinara

\$18.50

Cheesy Pasta Bake (GF)

\$18.50

"Cheese Burger" & Fries

Plant-Based Burger with Lettuce and Tomato on a Toasted Brioche Bun with Garlic Aioli – \$15.50

Shakshuka

Two eggs baked into a savory tomato & red pepper sauce – \$15.50

Penne Al A Vodka

\$15.50

Three Cheese Lasagna

\$18.50

Creamy Spinach and Mushroom Lasagne

\$18.50

Fish Entrées

Fish Burrito

Blackened tilapia in a tortilla with avocado, black beans, spanish rice, and salsa – \$12.50

Fish and Chips

Served with a tarragon-caper sauce – \$14.50

Salmon Platter

Teriyaki, blackened, or sweet n' smoky salmon served with savory rice and Italian sautéed beans – \$18.50

Sandwiches, Wraps & Quesadillas

Bread Choices: Multigrain ciabatta (extra \$0.75), rye, sourdough. Tortillas: Wheat, white, spinach

Grilled Cheese

\$7.25

Grilled Cheddar & Tomato

\$7.75

Cheddar, Feta, Olive & Pepperoncini Quesadilla

\$8.20

Tuna Salad Sandwich or Wrap

With tomato, lettuce and sprouts – \$9.95

Tuna Melt

With cheddar – \$10.25

Egg Salad Sandwich or Wrap

With lettuce, tomato and sprouts – \$9.25

Portobello Mushroom Wrap

Portobello mushroom, mixed peppers, feta & red onion – \$11.50

Grilled Cheddar, Avo & Tomato

\$8.75

Grilled Cheddar, Feta & Avo

\$8.75

Grilled Vegetable & Feta Sandwich or Wrap

With eggplant, zucchini, summer squash, red onion, red pepper, mushrooms & feta – \$11.50

Grilled Cheddar, Mozzarella & Feta

\$8.75

Cheddar & Feta Quesadilla

\$7.25

Tuna, Cheddar & Tomato Quesadilla

\$10.25

Mozzarella & Tomato Quesadilla

\$7.25

Make Your Own Salad Bar

1: Choose a Base Salad

Choice of Romaine, Spinach, or Mesclun Greens. Includes 5 Toppings from Group A. – \$8.75

2: Choose 5 Group A Toppings

Cucumber, baby corn, boiled eggs, carrots, corn, chickpeas, sunflower seeds, raisins, croutons, green beans, mandarin oranges, mushrooms, pepperoncinis, olives, peppers, sun-dried tomatoes, cherry tomatoes, red onion, roasted sweet potato, roasted beets – \$0.75 EACH

Group B Toppings

Avocado, almonds, cashews, candied nuts (seasonal) – \$1.50 EACH

Group C Toppings

Tuna (flaked), tuna salad, feta, shredded cheddar & shredded mozzarella, parmesan, baked rosemary salmon (flaked) – \$2.50 EACH

3: Choose Your Dressing

Caesar, Mandarin, Citrus Sesame, Greek, Nicoise, Poppy Seed, Balsamic Vinaigrette, Mediterranean Herbed Balsamic. Extra dressing \$0.50

Salad Entrées

Add Blackened or Sweet n' Smokey Salmon Fillet for \$9.95

Garden Salad

Mixed greens, tomato, cucumber, carrots, peppers, mushrooms, and your choice of dressing – \$9.25

Add tuna salad \$2.50

Traditional Greek

Lettuce, red onion, peppers, cucumbers, olives, tomatoes, and feta cheese – \$10.95

Spinach and Goat Cheese Salad

Spinach, roasted grapes, dried fig, toasted pine nuts, and goat cheese with cider vinaigrette – \$13.95

Nicoise Salad

Tuna, egg, olives, tomatoes, green beans, and nicoise dressing – \$11.50

Spiral Vegetable Salad

Carrot, zucchini, pomegranate, apple, pumpkin seeds, arugula, and parmesan with citrus vinaigrette – \$13.95

Tostada Compuesta Salad

Fried tortilla shell, refried beans, lettuce, tomato, black olives, guacamole, sour cream, and salsa – \$13.50

Caesar Salad

Romaine lettuce, sun-dried tomatoes, croutons, and parmesan – \$9.25

Spinach Health Salad

Spinach, baby corn, avocado, sunflower seeds, raisins, and poppy seed vinaigrette – \$9.95

Spinach and Feta Salad

Spinach, red peppers, carrots, raisins, cashews, and feta with a Mediterranean balsamic vinaigrette – \$10.95

House Salad

Romaine lettuce, red cabbage, cherry tomatoes, cucumber, pepperoncini, red onion, and green olives with creamy herbed dressing – \$12.95

BLT Kale Salad

Baby kale, shitake mushroom "bacon", julienne sun-dried tomatoes, avocado, and parmesan with dijon vinaigrette (GF) – \$13.95

Desserts

Vanilla Ice Cream with Hot Fudge Sauce

\$8.25

Zeppole

9 Freshly Fried Bite Size Italian Donuts served with Chocolate Ganache – \$12.50

Chocolate Skillet Cookie

Served with vanilla ice cream and hot fudge sauce – \$14.50

Homemade Seasonal Cheesecake

\$10.95

Tiramisu

Coffee sponge cake and creamy layers topped with cocoa – \$9.95

Chocolate Torte (GF)

Served with vanilla ice cream and strawberry sauce – \$11.50