

RACHEL'S LUNCH

SNACKS & APPS

V TZATZIKI & HUMMUS DIP / 14.5

with Cauliflower Chips

CHICKEN TENDERS* / 15

crispy white meat tenderloins
honey mustard dipping sauce

MOZZARELLA STICKS / 12

with marinara sauce

BUFFALO WINGS / 15

bleu cheese dressing & celery

LUMP CRAB CAKE* / 16

served over field greens, with a lemon-caper sauce

FRIED CALAMARI / 17

golden fried ~ side of marinara sauce

BOWL OF MUSSELS / 17

steamed open with aromatic vegetables and beer

NACHOS GRANDE* / 16

ground beef, cheddar cheese, diced tomatoes,
onions, jalapeno, black olives, sour cream, salsa
and guacamole

BRUNCH

SERVED WITH FRENCH FRIES OR SIDE SALAD

TWO EGGS ANY STYLE* / 9.5

includes fresh made biscuit & breakfast potatoes
add bacon, ham, or sausage +2.5
additional egg +2. / egg whites only +2.5

EGG SANDWICH* / 12.5

two eggs any style ~ bacon, ham or sausage &
American Cheese on a Kaiser Roll

RACHEL'S SANTE FE BURRITO* / 17

scrambled eggs, potatoes, sautéed onions,
cheddar cheese and jalapenos, whole wheat
tortilla

CLASSIC CHEESE OMELETTE* / 13.5

choice of American, Swiss or cheddar with bacon,
ham or sausage 15.5

AVOCADO TOAST ~ 7 GRAIN BREAD / 12

with red onion & grape tomato
add lox +7
add sliced hard boiled egg +2
add bacon +2

LIGHT OMELETTE* / 16

egg whites, mushrooms, spinach and onions

SALAD

RACHEL'S HOUSE SALAD / 16

chickpeas, cucumber, artichoke hearts, fresh
mozzarella & tomato ~ Italian vinaigrette

CAESAR SALAD / 14

crisp romaine, parmigian cheese, croutons
~ Classic Caesar dressing

OCEAN BEACH SALAD / 16

Baby Spinach with Oranges, Grape Tomato,
Pepitas, Radicchio & Goat Cheese Gouda
~ Balsamic Vinaigrette

COBB SALAD / 17

grape tomato, red onion, hard boiled egg,
turkey breast, bacon, gorgonzola cheese
~ classic Italian vinaigrette

GREEK SUMMER SALAD / 16

romaine lettuce, cucumbers, tomatoes, kalamata
olives, pepperoncini, red onion, feta cheese ~
lemon-parsley vinaigrette

Toppings - grilled chicken breast +6.5 grilled salmon* +8 grilled shrimp +3 each*

BURGERS, SANDWICHES & WRAPS

SERVED WITH FRENCH FRIES OR A SIDE SALAD

BEACH BURGER* / 16

½lb. black Angus beef on a Parker House Roll
+ add cheese +1.5 American, Mozzarella, Cheddar, Swiss add bacon, guacamole, mushrooms, onions +2. each

MONSTER BURGER* / 22

½lb. black Angus beef ~ American cheese, bacon and mozzarella sticks on a Parker House Roll

BACON, LETTUCE & TOMATO / 14

classic sandwich served on whole wheat toast

NEW LOBSTER ROLL / 23

Dill, Capers & Mayonnaise on a Buttery Roll

Vegetarian

GF VEGGIE BURGER / 17

with guacamole ~ Gluten Free Bun

LENTIL WRAP / 16

marinated lentils with lettuce, tomato, onion, cucumber & feta cheese on a whole wheat wrap

VEGGIE SANDWICH / 14

grilled broccoli, tomato & cheddar ~ 7 grain bread

VEGAN MEATLESS BURGER / 17

with Crispy Onions ~ Gluten Free Bun

Substitute Gluten Free Roll 2.00

BLACKENED MAHI-MAHI SANDWICH / 18

cajun style, with lettuce, tomato and a house made tartar sauce on Ciabatta

CHICKEN CAESAR WRAP* / 15

grilled chicken, crisp romaine, parmigian ~ whole wheat wrap

CLASSIC TURKEY CLUB / 15

roast turkey breast, bacon, lettuce, tomato & mayo on toasted Pullman whole wheat bread

CHICKEN SANDWICH* / 16

grilled chicken breast with lettuce, tomato, fresh mozzarella & avocado ~ ciabatta bread

Fries, Fries, Fries!

BASKET OF FRIES / 8

CHEESE FRIES / 10.5

CHEESE FRIES WITH BACON / 12.5

CHILDREN'S MENU

LINGUINE WITH BUTTER OR TOMATO SAUCE / 10

RIGATONI BOLOGNESE / 11

FRESH CHICKEN TENDERS / 11

crispy white meat tenderloins with fries

MAC & CHEESE / 10

GRILLED CHEESE SANDWICH / 10

classic American grilled cheese sandwich with fries

*Please let your server know about any allergies or dietary restrictions when placing your order.
We are happy to consider your needs.*

Parties of 6 or more - 18% gratuity may be added to the check

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."