

# RACHEL'S LUNCH

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## Snacks & Apps

### TZATZIKI & HUMMUS DIP - 18.5

WITH CAULIFLOWER CHIPS

### FRIED CALAMARI - 21

GOLDEN FRIED - SIDE OF TOMATO SAUCE

### NACHOS GRANDE - 19

GROUND BEEF, CHEDDAR CHEESE, DICED TOMATOES, ONIONS, JALAPENO, BLACK OLIVES, SOUR CREAM, SALSA AND GUACAMOLE

### CHICKEN TENDERS\* - 17.5

CRISPY WHITE MEAT TENDERLOINS  
HONEY MUSTARD DIPPING SAUCE

### BOWL OF MUSSELS - 21

STEAMED OPEN - AROMATIC VEGETABLES & BEER

### JUMBO SHRIMP COCKTAIL - 26

SERVED WITH HOUSE MADE COCKTAIL SAUCE

## Brunch *\*served only until 2pm*

### TWO EGGS ANY STYLE - 14

CHOICE OF TOAST - SIDE OF FRENCH FRIES  
+ additional +3 / egg whites only +3.5  
add side of bacon, ham or sausage +4

### CLASSIC CHEESE OMELETTE - 17.5

CHOICE OF AMERICAN, SWISS OR MOZZARELLA SIDE OF FRIES & TOAST ADD IN BACON, HAM OR SAUSAGE 19.5

### HEARTY & HEALTHY - 20

QUINOA WITH SAUTÉED ZUCCHINI, BROCCOLI & SPINACH - TOPPED WITH EGGS OVER EASY - SLICED FRESH TOMATO

### LIGHT OMELETTE - 22

THREE EGG WHITE OMELETTE WITH SAUTÉED MUSHROOMS, SPINACH AND ONIONS CHOICE OF TOAST & SIDE OF FRIES

### AVOCADO TOAST ~ SEVEN GRAIN BREAD - 17

WITH RED ONION & TOMATO  
WITH A FRIED EGG +2.5  
ADD NOVA SCOTIA SMOKED SALMON +7.5

### RACHEL'S SANTE FE BURRITO - 19

SCRAMBLED EGGS, POTATOES, SAUTÉED ONIONS, CHEDDAR CHEESE AND JALAPENOS, WHOLE WHEAT TORTILLA

*Wine list, Cocktail list, Beer list, all available!*

*please take a look!*

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## Salad

### OCEAN BEACH SALAD - 18

BABY ARUGULA WITH ORANGE,  
TOMATO, SUNFLOWER SEEDS,  
RADICCHIO & GRUYÈRE  
- RED WINE VINEGAR & OLIVE OIL

### CAESAR SALAD - 18

CRISP ROMAINE, PARMIGIAN CHEESE, CROUTONS  
- HOUSE MADE CLASSIC CAESAR DRESSING

### GREEK SUMMER SALAD - 18

ROMAINE LETTUCE, CUCUMBER, TOMATO, KALAMATA  
OLIVES, PEPPERONCINI, RED ONION, FETA CHEESE -  
LEMON-PARSLEY VINAIGRETTE

### RACHEL'S HOUSE SALAD - 18

MIXED GREENS, CHICKPEAS, CUCUMBER,  
ARTICHOKE HEARTS,  
FRESH MOZZARELLA & TOMATO  
- ITALIAN VINAIGRETTE

## Salad Toppings

grilled chicken breast\* +8

jumbo grilled shrimp\* +6 each

7oz. grilled salmon\* +17

## Burgers, Sandwiches & Wraps

SERVED WITH FRENCH FRIES

### BEACH BURGER\* - 21

8OZ. BLACK ANGUS BEEF  
+ add cheese \$2 American or Mozzarella  
add bacon, mushrooms, onions 2.5 ea.

### LOBSTER ROLL - 46

DILL, CAPERS & MAYONNAISE ON A  
BUTTERY ROLL

### BUTTERMILK FRIED CHICKEN

### SANDWICH\* - 21

COLESLAW & DILL PICKLE

### TRIPLE DECKER GRILLED

### CHEESE - 18

AMERICAN, SWISS AND  
MOZZARELLA CHEESE ON WHOLE  
WHEAT TOAST

## Vegetarian

### LENTIL WRAP - 19

MARINATED LENTILS WITH  
LETTUCE, TOMATO, ONION,  
CUCUMBER & FETA CHEESE -  
WHOLE WHEAT WRAP

### VEGGIE BURGER - 19

WITH AVOCADO, RED ONION.  
LETTUCE & TOMATO

### CONFIT ARTICHOKE HEART

### FLOWERS ~ GRILLED - 23

BABY ARUGULA, TOMATO &  
GRUYÈRE - BALSAMIC GLAZE -  
BRIOCHE BUN

Substitute Gluten Free Roll 2.75

### BLACKENED MAHI-MAHI

### SANDWICH\* - 22

CAJUN STYLE, WITH LETTUCE, TOMATO  
AND A HOUSE MADE TARTAR SAUCE  
ON CIABATTA

### CHICKEN CAESAR WRAP\* - 19

GRILLED CHICKEN, CRISP  
ROMAINE, PARMIGIAN - WHOLE  
WHEAT WRAP

### BREADED FLOUNDER FILET -

22

LETTUCE, TOMATO & HOUSEMADE  
TARTAR SAUCE ON CIABATTA

### GRILLED CHICKEN

### SANDWICH\* - 20

LETTUCE, TOMATO, FRIED ONIONS  
& SWISS CHEESE

Please let your server know about any allergies or dietary restrictions when placing your order.

We are happy to consider your needs.

prices reflect cash discount ~ 3.5% surcharge will be added with a credit card payment

\*COOK TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

Rachel's reserves the right to add a 20% gratuity to your check