

Rachel's Lunch

SNACKS & APPS

FLATBREAD PIZZETTE 14	BUFFALO WINGS 15
Tomato Sauce & Fresh Mozzarella	bleu cheese dressing & celery
✓ TZATZIKI & HUMMUS DIP 14.5	POLENTA STICKS ~ POMODORO SAUCE ... 13
with Cauliflower Chips	Cheesy fried polenta

SALAD

Salad Toppings ~ grilled chicken breast* +7 grilled salmon* +12 grilled shrimp +3 .5 each

RACHEL'S HOUSE SALAD 16	
lettuce, chickpeas, cucumber, artichoke hearts, fresh mozzarella & tomato ~ Balsamic Vinaigrette	
GREEK SUMMER SALAD 16	
romaine lettuce, cucumbers, tomatoes, kalamata olives, pepperoncini, red onion, feta cheese ~ lemon-parsley vinaigrette	
CAESAR SALAD 14	
crisp romaine, parmigian cheese, croutons ~ House made Classic Caesar dressing	

BURGERS, SANDWICHES & WRAPS

SERVED WITH FRENCH FRIES

BEACH BURGER* 16.5	
½lb. black Angus beef	
/ add cheese 1.5	
American, Mozzarella or Swiss	
add bacon, mushrooms, onions 2. each	
CHICKEN SANDWICH* 16.5	
Grilled chicken breast with lettuce, tomato, fresh mozzarella & pesto ~ ciabatta bread	
BREADED FLOUNDER FILET* 18	
lettuce, tomato & housemade tartar sauce on ciabatta	
VEGGIE BURGER 17.5	
with goat cheese ~ Gluten Free Bun	

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