

RACHEL'S LUNCH

SNACKS & APPS

TZATZIKI & HUMMUS 22

Cauliflower Chips

BOWL OF MUSSELS 25

steamed open with ~ aromatic vegetables & beer

FRIED CALAMARI 22

golden fried ~ side of tomato sauce

BURRATA & TOMATO & FRESH BASIL 19

Cracked Green Olives & Crostini

BRUNCH - served until 2pm -

LIGHT OMELETTE 24

three egg white omelette with sautéed mushrooms, spinach and onions
fresh baked biscuit & breakfast potatoes

CLASSIC CHEESE OMELETTE 20

served with a side. of breakfast potatoes & fresh baked biscuit
choice of American, Swiss or Mozzarella
add in bacon OR sausage 22

AVOCADO TOAST ~ SEVEN GRAIN BREAD 20

with red onion & tomato - balsamic drizzle - fresh berries
+ ADD EGG +3

SALAD

OCEAN BEACH SALAD 20

baby arugula with orange,
tomato, toasted pepitas,
radicchio & ricotta salata
~ Red Wine Vinegar & Olive Oil

CAESAR SALAD 20

crisp romaine, parmigian cheese, croutons ~
House made Classic Caesar dressing

GREEK SUMMER SALAD 20

romaine lettuce, cucumber, tomato,
kalamata olives, pepperoncini, red onion,
feta cheese ~ lemon-parsley vinaigrette

RACHEL'S HOUSE SALAD 20

mixed greens, chickpeas, cucumber,
artichoke hearts, ricotta salata & tomato ~
Italian Vinaigrette

Salad Toppings

- grilled chicken breast +10- - 7oz. grilled salmon* +17 -

- jumbo grilled shrimp +6.5 each - - marinated lentils +8 -

BURGERS, SANDWICHES & WRAPS

served with French fries

BEACH BURGER* 23

8oz. black Angus beef
lettuce, tomato & red
onion
+ AMERICAN, SWISS OR
CHEDDAR \$1.5 ADD BACON
2.5 ~ ADD MUSHROOMS
OR ONIONS 1.5 EA.

CHICKEN SANDWICH .. 26

grilled chicken breast,
baby arugula, tomato,
gruyère, drizzle of basil
infused extra virgin olive
oil and champagne
vinegar ~ ciabatta bread

LENTIL WRAP 21

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

VEGGIE BURGER 23

with Avocado, Red
Onion. Lettuce &
Tomato on a parker
house bun

Substitute Gluten Free Roll 3.00

BLACKENED 26

MAHI-MAHI SANDWICH

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

BUTTERMILK FRIED 23

CHICKEN SANDWICH

coleslaw & dill pickle

CHICKEN CAESAR 25

WRAP

grilled chicken, crisp
romaine, parmigian
cheese, Caesar dressing
~ whole wheat wrap

Cocktail Menu Available
Wine - Cocktails - Beer



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

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

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