

RACHEL'S LUNCH

SNACKS & APPS

Tzatziki & Hummus Dip 22
Cauliflower Chips

Bowl of Mussels 25
steamed open with ~ aromatic
vegetables & beer

Burrata & Tomato & fresh Basil 19
Cracked Green Olives & Crostini

Chicken Tenders 19
crispy white meat tenderloins
honey mustard dipping sauce

Fried Calamari 22
golden fried ~ side of tomato sauce

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, sunflower seeds,
radicchio & gruyère
~ 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,
fresh mozzarella & 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

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

Chicken Caesar 25

Wrap

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

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
served with French fries

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

Filet Tip Steak 29

Sandwich

sautéed peppers &
onions topped with
melted mozzarella on
ciabatta bread

Substitute Gluten Free Roll 3.00

**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,
or eggs may increase your risk of foodborne illness.*