

# RACHEL'S LUNCH

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## Snacks & Apps

### **TZATZIKI & HUMMUS DIP**

with Cauliflower Chips 21

### **BOWL OF MUSSELS**

steamed open with ~ aromatic vegetables &  
beer 22

### **BUFFALO MOZZARELLA & TOMATO & FRESH BASIL**

Cracked Green Olives & Crostini 21

### **CHICKEN TENDERS\***

crispy white meat tenderloins  
honey mustard dipping sauce 19

### **FRIED CALAMARI**

golden fried ~ side of tomato sauce 22

### **NACHOS GRANDE**

ground beef, cheddar cheese, diced tomatoes,  
onions, jalapeno, black olives, sour cream,  
salsa and guacamole 19

## Salad

### **OCEAN BEACH SALAD**

baby arugula with orange,  
tomato, sunflower seeds,  
radicchio & gruyère  
~ Red Wine Vinegar & Olive Oil 19

### **GREEK SUMMER SALAD**

romaine lettuce, cucumber, tomato, kalamata olives,  
pepperoncini, red onion, feta cheese  
~ lemon-parsley vinaigrette 19

### **CAESAR SALAD**

crisp romaine, parmigian cheese, croutons  
~ House made Classic Caesar dressing 19

### **RACHEL'S HOUSE SALAD**

mixed greens, chickpeas, cucumber,  
artichoke hearts,  
fresh mozzarella & tomato  
~ Italian Vinaigrette 19

## Salad Toppings

- grilled chicken breast\* +9 -      - 7oz. grilled salmon\* +17 -

- jumbo grilled shrimp\* +6 each -      - marinated lentils +7 -

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

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

# Brunch

~ served until 2pm ~

## RACHEL'S SANTE FE BURRITO

scrambled eggs, potatoes, sautéed onions, cheddar cheese and jalapenos, whole wheat tortilla 21

## LIGHT OMELETTE

three egg white omelette with sautéed mushrooms, spinach and onions  
fresh baked biscuit & breakfast potatoes 23

## CLASSIC CHEESE OMELETTE

choice of American, swiss or mozzarella  
side of breakfast potatoes &  
Rachel's fresh baked biscuit  
18.5

- add in bacon, ham or sausage 20.5 -

## AVOCADO TOAST ~ SEVEN GRAIN BREAD

with red onion & tomato  
18.5

- fried egg +3 -

## HEARTY & HEALTHY

Quinoa with sautéed zucchini, broccoli & spinach ~ topped with eggs over easy ~ sliced fresh tomato 21

# Burgers, Sandwiches & Wraps

SERVED WITH FRENCH FRIES

## BEACH BURGER\* 22

8oz. black Angus beef  
lettuce, tomato & red onion  
- American, Swiss or Mozzarella \$1.5  
add bacon 2.5  
~ add mushrooms or onions 1.5 ea. -

## LOBSTER ROLL

Dill, Capers &  
Mayonnaise on a Buttery  
Roll 42

## CHICKEN CAESAR WRAP\*

grilled chicken, crisp  
romaine, parmigian  
cheese, Caesar dressing ~  
whole wheat wrap 21

## Vegetarian

### LENTIL WRAP

marinated lentils with  
lettuce, tomato, onion,  
cucumber & feta cheese ~  
whole wheat wrap 19

### VEGGIE BURGER

with Avocado, Red  
Onion. Lettuce & Tomato  
on a parker house bun  
20

### BROCCOLI BAY MELT

Broccoli, Tomato &  
Cheddar, Mustard -  
Sourdough 19.5

## BLACKENED MAHI-MAHI SANDWICH\*

cajun style, with lettuce, tomato  
and a house made tartar sauce  
on Ciabatta 25

## CHICKEN SANDWICH\*

grilled chicken breast,  
baby arugula, tomato,  
gruyère, drizzle of basil  
infused extra virgin olive  
oil and champagne  
vinegar ~ ciabatta bread  
22

## BUTTERMILK FRIED CHICKEN SANDWICH\*

coleslaw & dill pickle 22

Substitute Gluten Free Roll 3.00

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

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