

# RACHEL'S LUNCH

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## SNACKS & APPS

<b>Tzatziki &amp; Hummus Dip</b> . . . . . 22 with Cauliflower Chips	<b>Chicken Tenders</b> . . . . . 19 crispy white meat tenderloins honey mustard dipping sauce
<b>Bowl of Mussels</b> . . . . . 25 steamed open with ~ aromatic vegetables & beer	<b>Fried Calamari</b> . . . . . 22 golden fried ~ side of tomato sauce
<b>Burrata &amp; Tomato &amp; fresh Basil</b> . . . . . 19 Cracked Green Olives & Crostini	<b>Nachos Grande</b> . . . . . 22 ground beef, cheddar cheese, diced tomatoes, onions, jalapeno, black olives, sour cream, salsa and guacamole

## BRUNCH ~ served until 2pm ~

<b>Rachel's Sante Fe Burrito</b> . . . . . 22 scrambled eggs, potatoes, sautéed onions, cheddar cheese and jalapenos, whole wheat tortilla	
<b>Light Omelette</b> . . . . . 24 three egg white omelette with sautéed mushrooms, spinach and onions fresh baked biscuit & breakfast potatoes	
<b>Classic Cheese Omelette</b> . . . . . 20 choice of American, swiss or mozzarella side of breakfast potatoes & Rachel's fresh baked biscuit — add in bacon, ham or sausage 22	
<b>Hearty &amp; Healthy*</b> . . . . . 23 Quinoa with sautéed zucchini, broccoli & spinach ~ topped with eggs over easy ~ sliced fresh tomato	
<b>Avocado Toast ~ Seven Grain Bread</b> . . . . . 20 with red onion & tomato - balsamic drizzle - fresh berries — hard boiled egg +3	

*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.

## 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

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
- Lobster Roll** . . . . . 45  
 Dill, Capers &  
 Mayonnaise on a  
 Buttery Roll
- 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
- Chicken Caesar** . . . . . 25  
**Wrap**  
 grilled chicken, crisp  
 romaine, parmigian  
 cheese, Caesar dressing  
 ~ whole wheat wrap
- 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

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