

RACHEL'S LUNCH

SNACKS & APPS

Tzatziki & Hummus Dip 22 with Cauliflower Chips	Chicken Tenders 19 crispy white meat tenderloins honey mustard dipping sauce
Bowl of Mussels 23 steamed open with ~ aromatic vegetables & beer	Fried Calamari 22 golden fried ~ side of tomato sauce
Burrata & Tomato & fresh Basil 19 Cracked Green Olives & Crostini	Nachos Grande 19 ground beef, cheddar cheese, diced tomatoes, onions, jalapeno, black olives, sour cream, salsa and guacamole

BRUNCH

~ served until 2pm ~

Rachel's Sante Fe Burrito 22 scrambled eggs, potatoes, sautéed onions, cheddar cheese and jalapenos, whole wheat tortilla	
Light Omelette 24 three egg white omelette with sautéed mushrooms, spinach and onions fresh baked biscuit & breakfast potatoes	
Classic Cheese Omelette 20 choice of American, swiss or mozzarella side of breakfast potatoes & Rachel's fresh baked biscuit — add in bacon, ham or sausage 22	
Hearty & Healthy* 23 Quinoa with sautéed zucchini, broccoli & spinach ~ topped with eggs over easy ~ sliced fresh tomato	
Avocado Toast ~ Seven Grain Bread 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 19
baby arugula with orange,
tomato, sunflower seeds,
radicchio & gruyère
~ Red Wine Vinegar & Olive Oil

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

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

Rachel's House Salad 19
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 . . . 24
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 19
marinated lentils with
lettuce, tomato, onion,
cucumber & feta
cheese ~ whole wheat
wrap

Veggie Burger 22
with Avocado, Red
Onion. Lettuce &
Tomato on a parker
house bun

Chicken Caesar Wrap 21
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 22
Chicken Sandwich
coleslaw & dill pickle

Filet Tip Steak 27
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.