

# Lunch

FALL 2022

## Starters

- 6 **JUMBO LUMP CRAB CAKE** Lemon Aioli, Mustard Sauce 25
- LOBSTER BISQUE** 13
- 6 **CHICKEN, ANDOUILLE SAUSAGE & OKRA GUMBO** 11
- 6 **CHILI WITH CHEESE** 7
- SOUP DU JOUR** 7

## Salads

- \*6V **CAESAR** Romaine Lettuce, Garlic Croutons, Parmesan Cheese 15
  - 6V **BIBB SALAD** Roasted Sweet Potato, Diced Pear, Crispy Quinoa, Cinnamon-Clove Vinaigrette 14
  - 6V **SPINACH** Blueberries, Red Delicious Apple, Pomegranate Seeds, Brie, Pepitas, Pomegranate Dressing 14
  - 6V **BABY GREENS** Pickled Red Beets, Goat Cheese, Honey Walnuts, Balsamic Vinaigrette 14
- ADDITIONS** You may add Chicken 9, Salmon\* or Shrimp 13, or Strip Sirloin 14, Grilled or Blackened, to any of the above items.
- \*6 **MEDITERRANEAN CHICKEN SALAD** White Meat Chicken Salad, Sun Dried Tomatoes, Olives, Tzatziki, Grilled Flatbread 13
  - 6 **SEAFOOD COBB** Shrimp, Scallops, Jumbo Lump Crab, Avocado, Hard Cooked Egg, Peppered Bacon, Stilton Bleu Cheese, Tomato, Red Wine Vinaigrette 22
  - AHI TUNA SPICY NOODLES\*** Garden Greens, Rice Wine Vinaigrette, Red Cabbage, Carrot, Green Onion, Sesame Seeds 21

## Buffet

**CHEF'S LUNCHEON BUFFET** 20

**SOUP & SALAD BUFFET** 14

Much of our produce and products are obtained from local farmers and sources, made from scratch using quality ingredients high in natural nutrition, certified organic, gmo-free and hydroponic.

## Sandwiches

The Following Sandwiches are served with your choice of one side item.

- French Fries • Caesar Salad • Fresh Fruit • Metropolitan Salad • Saratoga Chips
- Garden Green Salad • Chili • Soup Du Jour

**BARBACOA GRILLED CHEESE** Wheat Bread, Pepperjack Cheese, Caramelized Onions, Avocado Crema 14

**GRILLED CHICKEN** Hickory Bacon, Swiss Cheese, Honey Mustard, Lettuce, Tomato, Brioche Bun 15

**PIZZA BURGER\*** 1/3 lb Angus Beef Patty, Pepperoni, Pizza Sauce, Provolone Cheese, Brioche Bun 14

**TURKEY FLATBREAD MELT** Shaved Turkey, Sautéed Spinach, Caramelized Onions, Swiss Cheese, Hot Honey Aioli 14

**METRO BURGER\*** Angus Burger, Lettuce, Tomato, Choice of Cheese, Brioche Bun 17

**CLUB SANDWICH** Turkey, Ham, Bacon, American Cheese, Lettuce, Tomato, Mayonnaise, Toasted Wheat 16

## Entrees

\*6V **SEAFOOD POT PIE** Shrimp, Scallops, Jumbo Lump Crab & Cod, Mushrooms, Peas, Carrots, Simmered in Sherry Cream, Puff Pastry, Broccoli 26

6V **STUFFED RED PEPPER** Roasted Quinoa & Eggplant, Brown Rice, Tomato Basil Sauce, Bed of Sautéed Spinach 16

**PANKO FRIED COD** Open Faced on Toasted Rye, Lettuce, Tomato, Tartar Sauce, Cole Slaw, French Fries 17



G - Gluten Free V - Vegetarian - Organic - Hydroponic

\* These items can easily be gluten free or vegetarian. Many dishes can be prepared to accommodate specific dietary needs.

Please speak with your server. • These items may be prepared from Rare to Well Done upon request.  
Consuming raw or uncooked eggs, meats, seafood, shellfish or poultry may increase a risk of foodborne illness.