

GF All items marked with a "Gluten Free" symbol are available as gluten free when bread is substituted

## NOSHES

**BREADED ONION RINGS** | 6.24 / 6

Russian Dip

GF **TOMATO BASIL BISQUE** | 6.24 / 6

**CHICKEN FINGERS** | 8.32 / 8

BBQ | Buffalo | Honey Mustard

**EVERYTHING PRETZEL STICKS** | 9.36 / 9

Sides of Honey Mustard & Monterey Jack Cheese Sauce

## FRIES

**FRESH CUT FRENCH FRIES** | 5.20 / 5

**PARMESAN TRUFFLE FRIES** | 10.40 / 10

Fresh Cut Idaho Potatoes, Parmesan,  
Parsley, Truffle Oil

**SWEET POTATO FRIES** | 5.5 / 5.72

**LOADED CHEESE FRIES** | 10.40 / 10

Fresh Cut Idaho Potatoes, Monterey Jack Cheese Sauce,  
Bacon Bits, Sour Cream, Chives

## GRILLED CHEESES

All Sandwiches served with Side Salad

Substitute: French Fries \$3.18 / 3 | Sweet Potato Fries \$3.18 / 3 | Soup \$4.16 / 4 | Onion Rings \$4.16 / 4 | Truffle Fries \$5.20 / 5

GF **ALL AMERICAN** | 11.44 / 11

American Cheese, Artisan White Bread

GF **CHEDDAR & BACON** | 12.48 / 12

Cheddar Cheese Blend, Applewood Smoked Bacon,  
Artisan White Bread

GF **HAM & CHEESE** | 12.44 / 12

American Cheese, Honey Baked Ham, Rye Bread

GF **MARGHERITA** | 13.52 / 13

Fresh Mozzarella, Pesto,  
Sun-dried Tomato, Artisan White Bread

## SANDWICHES

GF **TURKEY AVOCADO SANDWICH** | 16.64 / 16

Grilled Sliced Smoked Turkey, Melted Pepper Jack Cheese,  
Avocado, Caramelized Onion, Butter Lettuce, Homemade  
Honey Mustard, Toasted 9 Grain Bread

GF **PESTO CHICKEN PANINI** | 16.64 / 16

Grilled Chicken, Roasted Red Peppers,  
Fresh Mozzarella, Garlic Aioli, Basil Pesto, Ciabatta Bread

GF **CUBAN** | 14.56 / 14

Slow Roasted Pork, Ham, Swiss,  
Spicy Brown Mustard, Dill Pickle  
On Pressed Ciabatta Bread

GF **MARINATED PORTOBELLO BURGER** | 14.56 / 14

Balsamic Marinated Portobello Mushroom, Wilted Spinach,  
Roasted Red Pepper, Provolone, Pesto Aioli, Brioche Bun

GF **REUBEN** | 15.60 / 15

Corned Beef, Swiss, Sauerkraut,  
Russian Dressing on Grilled Rye Bread

GF **CAPRESE PANINI** | 14.56 / 14

Fresh Mozzarella, Sliced Tomato, Arugula,  
Prosciutto, Basil Pesto Aioli, Pressed Ciabatta

GF **GRILLED CHICKEN CLUB** | 16.64 / 16

Grilled Marinated Chicken, Butterhead Lettuce,  
Tomato, Bacon, Garlic Aioli, Ancient 9 Grain Toast

GF **SMOKEHOUSE BLT** | 14.56 / 14

Applewood Smoked Bacon, Butterhead Lettuce,  
Tomato, Mayo, Ancient 9 Grain Toast  
Add Avocado - \$1.5

GF **SOUTH PHILLY** | 14.56 / 14

Slow Roasted Pork, Wilted Garlic Spinach,  
Provolone, Garlic Aioli, Ciabatta Roll

GF **THE BEYOND BURGER** | 15.60 / 15

Beyond Meat Veggie Pattie,  
Pepper Jack, Lettuce, Tomato, Avocado,  
Sriracha Aioli, Brioche Bun

GF **HEALTHY EGG SALAD** | 15.60 / 15

Avocado, Vidalia Onion, Lemon Juice, Fresh Dill,  
Lettuce, Tomato, Artisan White Toast  
(No Mayo!)

## SALADS

Champagne Vinaigrette, Balsamic Vinaigrette,  
Creamy Dill Ranch, Russian, Creamy Maple,  
Sun-dried Tomato Vinaigrette, Honey Mustard

GF **FRESCAPE SALAD** | 13.52 / 13

Organic Baby Field Greens, Cherry Tomatoes,  
Cucumber, Vidalia Onion, Balsamic Vinaigrette

**BEET & GOAT CHEESE SALAD** | 17.68 / 17

Organic Arugula, Pickled Beets, Avocado,  
Mandarin Orange, Fried Goat Cheese Balls,  
Champagne Vinaigrette

GF **CHEF SALAD** | 16.64 / 16

Organic Spring Mix, Tomato, Green Pepper, Onion, Black  
Olives, Honey Baked Ham, Smoked Turkey, American &  
Provolone Cheese, Honey Mustard

GF **MEDITERRANEAN SALAD** | 16.64 / 16

Organic Mixed Greens, Roasted Red Peppers,  
Black Olives, Capers, Feta, Prosciutto,  
Sun-dried Tomato Vinaigrette

GF **COUNTRY COBB SALAD** | 22.88 / 22

Organic Mixed Greens, Tomato, Cucumber,  
Avocado, Hard Boiled Egg, Bacon, Cheddar,  
Choice of Crispy or Grilled Chicken  
Creamy Dill Ranch Dressing

\* Add Grilled | Crispy Chicken | Healthy Egg Salad | \$6.24 / 6

**\*CONSUMING RAW OR UNDERCOOKED MEATS,  
POULTRY, SEAFOOD, SHELLFISH, OR EGGS  
MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS\***