

Fish'n Chicken Specials - Tues, 7/19/17 thru Present

ALTHOUGH WE ARE NOT A 100% GLUTEN-FREE KITCHEN, THE ITEMS WITH A "GF" SYMBOL ARE MADE WITH GLUTEN FREE INGREDIENTS...ALSO CERTAIN SIDE DISHES ARE GLUTEN FREE

Starting 7/19/17 - present**Salads:**

'GF'	Strawberry Salad w/ Grilled Chicken – Grilled chicken, fresh strawberries, poppy seeds, sugared almonds & red onion over baby spinach with a side of sweet creamy dressing	9.50
	Monterey Salad - Grilled chicken, fresh avocado, tomato, cilantro, Monterey Jack cheese, crispy rice sticks and chili lime cilantro dressing over a bed of mixed greens	9.75
	Oriental Chicken Salad - Grilled sesame chicken, fried wontons, rice sticks, snow peas, mandarin oranges, scallions, slivered almonds on a bed of romaine lettuce w/ honey ginger dressing	9.50
	Greek Salad w/ Grilled Chicken - Grilled chicken over romaine lettuce, Kalamata olives, pepperoncinis, red onions, diced tomatoes, feta cheese with Greek dressing	9.50

Sandwiches:

	Chicken Burrito – Grilled chicken breast, brown rice, black beans, cilantro, mild salsa, shredded Monterey Jack and cheddar cheese & sour cream, toasted in a white tortilla wrap	8.50
	Hawaiian Sandwich – Grilled sesame basted chicken breast, grilled pineapple, Virginia baked ham, Monterey Jack & cheddar cheese on toasted sesame bread	8.50

Entrees:

Entrees below served with any 2 sides

	Habanero Grilled Pork –Grilled pork loin topped with a sweet habanero sauce and a mango salsa	10.50
	Swordfish Pomodoro – Broiled swordfish topped with a mix of diced plum tomatoes, fresh basil, garlic, olive oil, mozzarella cheese and a touch of marinara sauce	10.50
	BBQ Turkey Tips – Grilled turkey tips with peppers, onions and BBQ sauce	10.50
'GF'	Cajun Scrod: Scrod filet breaded with Cajun seasonings & broiled	9.95
	Sesame Grilled Chicken - Basted in sesame sauce & sesame seeds, topped w/grilled pineapple	9.95
	Pot Roast – A tender beef round roasted in natural juices and served with pan gravy	9.75
	Bourbon Beef Tips – Marinated tender beef tips grilled with peppers and onions in a bourbon glaze	11.50
	Teriyaki Salmon – Broiled salmon topped with onions, red & green peppers and our garlic teriyaki sauce	10.75

KIDS MEAL – Baked Chicken Tenders w/ 1 side dish - ONLY \$4.99

PASTA & PIZZA CAFFE SPECIALS
Starting 7/19/17 – present

Sandwiches:

Turkey Fresco - Roasted turkey topped with roasted red peppers, fresh spinach and basil mayonnaise, cooked on our panini press on homemade focaccia 7.99

Pot Roast Sandwich: Tender braised and shredded pot roast on a toasted French baguette with melted mozzarella, caramelized onions, horseradish cream sauce and au jus on the side for dipping. 7.75

Pastas:

Asian Stir Fry – Grilled chicken tenderloins with vegetable medley of peppers, onions, snap peas, water chestnuts, baby corn, celery, bean sprouts, mushrooms and broccoli tossed with yakisoba noodles in a sweet sesame ginger hibachi sauce 10.50

Baked Ziti - Ziti tossed with ricotta, mozzarella, marinara and seasonings baked & served w/ Italian meatballs and sweet Italian sausages garnished w/ garlic bread. 9.50

Baked Shrimp Scampi – Sautéed shrimp, diced plum tomatoes and scallions tossed in wine garlic butter sauce and topped with mozzarella cheese, served over angel hair pasta, garnished with garlic bread. 11.50

Chop Suey - Ground beef, peppers, onions, diced tomatoes with elbow macaroni and our homemade marinara sauce. 8.99

HEALTHY KITCHEN SPECIALS
Starting 7/19/17 – present

Quinoa Burger – Quinoa, portabello, kale and smoked mozzarella burger topped with guacamole, corn black bean relish, lettuce, tomato & a lime cilantro sauce on a toasted bun 7.99

Poke Bowl – Your choice of chilled sushi grade tuna **OR** seared tofu tossed in ‘SoWabi marinade’ (a soy based, rice vinegar wasabi marinade) over Asian rice topped with sesame seeds, seaweed salad, cucumber, shredded carrots, edamame, avocado and scallions 10.50

CREATION SPECIALS
Starting 7/19/17 – present

Chicken, Bacon Ranch Pizza – Diced chicken, bacon & diced red onions with ranch dressing and Monterey jack & cheddar cheese (no red sauce)

10 “ Individual \$8.50 16” Xtra Large \$13.50

Summer Salad – Sliced fresh figs, red onion, prosciutto, goat cheese, diced plum tomatoes & glazed pecans with romaine lettuce & arugula tossed in a champagne vinaigrette dressing 7.99