



# LUNCH

## Salads

### LARGE HOUSE SALAD \$10

Fresh mixed greens with tomato, cucumber, carrot, and your choice of dressing

### CAESAR SALAD \$10

Romaine, parmigiano, croutons, caesar dressing

### GRILLED SALMON SALAD \$18

Grilled salmon over mixed baby greens, artichokes, cucumbers, strawberries, oven roasted tomatoes, herbed quinoa, served with a tomato vinaigrette

### TROPICAL RAIN FOREST SALAD \$19

Baby spinach, hearts of Palm, crumbled bleu cheese, candied walnuts, tender grilled shrimp, and citrus sections with a citrus vinaigrette

Top any salad:

Grilled Chicken - \$6      Shrimp - \$11      Salmon - \$9

## Light Affair

### QUICHE DU JOUR \$15

Made fresh daily served alongside a petit house salad with your choice of dressing

### OMELETTE \$15

3 farm fresh eggs with your choice of fillings and cheese served with a side of toast and fruit

### OMELETTE FILLINGS

Bacon	Onion	Spinach
Sausage	Mushrooms	Mixed bell peppers
Diced tomato	Shredded cheddar cheese	

## Soups

### SOUP DU JOUR

Cup: \$6      Bowl: \$10

### SOUP & HALF SANDWICH

\$11

### SOUP & PETIT SALAD

\$11

### SOUP & HALF WRAP

\$11

### SOUP TO GO

Half quart \$12      Quart \$17

## Sides

French fries \$5      Chips \$2      Sweet potato fries \$6

Coleslaw \$3      Fresh fruit \$4



# LUNCH

## The Deli Board

All sandwiches come with a choice of white, wheat, rye bread, or spinach wrap and a choice of house cut fries, coleslaw, or chips.  
Sub sweet potato fries for \$1

### TUNA SALAD \$13

White Albacore tuna mixed with thinly diced celery, sweet onion, and mayonnaise

### ROAST TURKEY BREAST \$13

Oven roasted turkey breast sliced and layered on your choice of bread with lettuce and tomato

### JR CLUB \$13

Lettuce, tomato, bacon, turkey, and aioli on toasted white bread

### CHICKEN SALAD \$13

Chicken breast tossed with celery, raisins, almonds and mayonnaise

### B.L.T \$13

Crispy Applewood bacon with vine ripe tomatoes and crispy leaf lettuce

## Off The Grill

Choice of house cut fries, coleslaw, or chips  
Sub sweet potato fries for \$1

### CAPE CLUB BURGER \$16

Eight ounce certified Angus beef burger grilled to your liking accompanied by lettuce, tomato, onion, & your choice of cheese. (Swiss, cheddar, provolone)

### RUEBEN ON RYE \$14

Thinly sliced corned beef, melted swiss cheese, sauerkraut and thousand island dressing on grilled rye bread

### HAM & BRIE \$13

Ham stacked with melted brie cheese and arugula served on a freshly griddled croissant, served with a side of honey mustard

### BOGIE DOG \$11

Quarter pound all beef hot dog served on a freshly toasted bun with a side of diced onion, sauerkraut, and pickle relish upon request  
Add chili and cheese for \$3

## Pizzas

### MARGHERITA \$15

Mozzarella, Tomato, Basil Drizzle

### BIANCA \$18

Mozzarella, Mushroom, Spinach

### CAPE CLUB PIE \$20

Marinara, Mozzarella, Arugula, Prosciutto