



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

Chicken Salad - \$6

Tuna Salad - \$6

Grilled Shrimp - \$11

Salmon - \$9

Dressings: Balsamic Vinaigrette, Caesar, Champagne Vinaigrette, Citrus Vinaigrette, Blue Cheese, Italian, Ranch, Oil and Vinegar

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
Sausage
Diced tomato

Onion
Mushrooms
Shredded cheddar cheese

Spinach
Mixed bell peppers

Soups

SOUP DU JOUR

Cup: \$5

Bowl: \$7

CHILI

Cup: \$6

Bowl: \$8

SOUP & HALF SANDWICH

\$11

SOUP & PETIT SALAD

\$11

Choice of: Turkey, Chicken Salad, Tuna Salad, BLT, Jr Club

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, fruit, or chips.
Sub sweet potato fries for \$1

TUNA SALAD \$13

White Albacore tuna mixed with thinly diced celery, sweet onion, lettuce, tomato and mayonaise

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, craisins, almonds, lettuce, 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, fruit, 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. (American, 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, house made sauce, basil Drizzle

BIANCA \$18

Mozzarella, mushroom, spinach

CAPE CLUB PIE \$20

Mozzarella, house made sauce, arugula, prosciutto