

Lunch Menu

New England Clam Chowder \$3.95 / Cup \$3.50

Old Fashioned Ham & Bean \$3.50 / Cup \$2.75

Soup of the Day \$3.50 / Cup \$3.25

Chili with Cheese & Onions \$3.95 / Cup \$3.25

Soup & Half Sandwich \$6.50

Enjoy a Cup of Soup Along with a 1/2 Sandwich with a Choice of Deli Meats,
Tuna Salad Sandwich, Egg Salad Sandwich or Chicken Salad Sandwich.

Substitute a Bowl of Soup.....**\$.50**

Soup & House Salad \$6.50

Enjoy Any One of Our Soups and a House Salad
with your choice of dressing

Sandwiches

All Sandwiches Include Pickle, Chips or French Fries

Grill Room Burger \$6.95

Half Pound of Black Angus, Cooked to Order. Served
on a Toasted Kaiser Bun & Served with French Fries
Add Cheese.....**\$.50** Add Grilled Onion.....**\$.75** Add
Bacon.....**\$1.00**

Salmon Burger \$8.95

Grilled Salmon Patty Served on a Kaiser Roll with Lettuce, Tomato, and
Red Onion

Portabella Chicken Melt \$8.95

Grilled Portabella Mushroom, Marinated Chicken
Breast and Mozzarella Cheese on Grilled Marble Rye

Marinated Chicken Sandwich \$7.95

Grilled Marinated Breast of Chicken Served on a
Grilled Kaiser roll with Lettuce, Tomato and Red Onion
Add Cheese.....\$.50 Add Grilled Onion.....\$.75 Add
Bacon.....\$1.00

BLT \$6.75 Bacon, Lettuce & Tomato Sandwich

Chicken or Tuna Salad Melt \$8.25

Lightly Grilled Marble Rye Bread Layered with Chicken or
Tuna Salad, Slice Vine Ripe Tomatoes and Swiss Cheese

Create Your Own Sandwich \$6.50

Choose From Roast Turkey, Ham, Roast Beef, Egg Salad,
Chicken Salad or Tuna Salad. Served On White, Wheat or Rye

Philly Cheese Steak \$8.95

Grilled Beef with Onions, Peppers, Mushrooms
and Provolone Cheese on a Grilled Hoagie Roll

Cheese Quesadillas \$7.25

Large Grilled Tortilla with 2 Cheeses, Sour Cream and Salsa
Add Chicken.....\$9.25 Add Steak.....\$11.25

Knife & Fork Dog \$5.75

All Beef Frankfurter Served on a Grilled Bun
Smothered in Beef Chili Diced Onion & Cheddar Cheese

Neptune Salad Croissant \$9.95

Grilled Croissant with Neptune Salad

Hot Pastrami Melt \$8.95

Grilled Pastrami on Grilled Panini Bread with Spicy Mustard and Swiss
Cheese

Patty Melt \$7.50

Black Angus Burger on Grilled Rye Bread with Swiss Cheese and
Grilled Onion

Grilled Cheese \$3.75

Add Extra Cheese, Ham, Tomato or Bacon..... \$1.25

Chicken Tenders \$6.95

The Grecian \$8.95

Grilled Lamb Served in a Pita Pocket with Tzatziki Sauce, Feta Cheese, Lettuce, Tomato and Red Onion

Hot Pressed Cuban Panini \$8.95

Turkey, Salami, Ham and Swiss Cheese on grilled Panini Bread with Mayonnaise, Mustard and Dill Pickles

Dagwood Reuben \$7.50

Choose From Corned Beef or Oven Roasted Turkey with Seasoned Sauerkraut, Swiss and 1000 Island Dressing

French Dip \$8.50 Served with Roast Beef au jus

Clubhouse Sandwich \$7.95

Triple Decker Roast Beef, Turkey, Ham, Bacon, Lettuce & Tomato

Atkins Protein Platter \$7.95

8 oz. Lean Ground Beef or 6 oz. Marinated Chicken Breast and Grilled Onions over Sliced Tomatoes with Ranch Dressing

Panco Fried Fish Sandwich \$8.95

Fried Cod with Lettuce, Tomato and Red Onion on a Grilled Kaiser Roll Served with Cocktail or Tartar Sauce

Chicken & Mushroom Pita \$8.95

Grilled Marinated Chicken Breast with Mushrooms, Grilled Red Peppers and Bleu Cheese Crumbles in a Pita Pocket with Lettuce and Tomatoes

Wrap Sandwiches

Cold Chicken Caesar **\$7.95**

Cold Wasabi Roast Beef **\$7.95** Served with Spicy Wasabi Horseradish Sauce

Cold California Turkey **\$7.95** Served with Avocado Cream, Lettuce, Red Onion and Sun Dried Tomatoes

Cold Crispy Vegetable **\$6.95**

Cold or Hot Create Your Own **\$6.95** Choose from Turkey, Ham, Roast Beef, Tuna Salad, Chicken Salad,

Hot Black Oak Ham & Cheddar **\$7.95**

Vegetarian Dishes

Garden Burger \$7.95

8 oz Garden Burger topped with Mushrooms, Garlic, Spices, Lettuce, Tomato, and Red Onion on a Kaiser Roll

Bird of Paradise \$7.25

Mushrooms, Olives, Lettuce, Tomato,
Melted Swiss and Muenster Cheese on Grilled Marble Rye
Add Hummus..... **\$1.00** Add
Chicken.....**\$2.00**

Cheese, Fruit and Yogurt Plate \$7.95

Fresh Fruit, Cubed Cheese and Plain Yogurt

Vegetable Hummus Pita \$7.95

Grilled Pita Bread Topped with Fresh Hummus Spread and Garden
Fresh Vegetables

Salads

Seafood Salad \$10.95

Crispy Greens Topped with Tomato, Red Onion,
Cucumbers, and a Scoop of Neptune Salad

Chef Salad \$7.95

Crisp Romaine Leaves Topped with Tomato, Hard Cooked Egg,
Cucumbers, Roast Beef, Turkey, Ham, Sliced Swiss and Cheddar
Cheese

Healthy Tuna or Chicken Salad \$7.75

Chicken Salad made with Celery, Seedless Grapes & Tarragon Mayo
or Tuna Salad Served with Fresh Fruit & Pumpkin Bread

Classic Caesar Salad \$5.95

Hearts of Romaine Tossed with Shaved Romano Cheese & Fresh
Croutons.

Served with Traditional Caesar Dressing

Add Grilled Chicken Breast..... **\$7.95**

Garden Cobb Salad \$7.95

Chopped Romaine Topped with Bleu Cheese Crumbles, Bacon, Tomato, Cucumbers, Olives, Hard Cooked Egg, Ham & Turkey

The Foursome \$7.95

Choose any four: Chicken Salad, Cole Slaw, Potato Salad, Egg Salad, Tuna Salad or Cottage Cheese served with sliced beefsteak tomatoes

Buffalo Chicken Salad \$7.95

Breast of Chicken Fried and Tossed in our Spicy Wing Sauce, Served over Crispy Mixed Greens with Bleu Cheese Crumbles, Red Onion, Black Olives and Cucumbers

Classic Greek Salad \$7.95

Tender Romaine Leaves Topped with Tomatoes, Feta Cheese, Olives, Cucumbers, Red Onion and Potato Salad
Add Chicken.....**\$9.95**

Spinach Salad \$9.95

Tender Spinach Tossed with Hard Cooked Eggs, Glazed Pecans, and Craisins Topped with Marinated Chicken

Extras

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| Side Neptune Salad \$4.00 | Fruit Plate \$3.00 |
| Cup of Fruit \$1.75 | French Fries \$1.95 |
| Side Salad \$3.75 | Onion Rings \$2.75 |
| Chicken Breast \$2.00 | Pumpkin Bread \$2.00 |
| Cole Slaw \$1.50 | Potato Salad \$1.50 |
| Cottage Cheese \$1.50 | Slice Tomatoes \$2.00 |

Ice Cream \$2.25 Sherbet \$2.25

Consumer Advisory: Consuming raw or undercooked meats, eggs, poultry, seafood or shellfish increases your risk of contracting a food borne illness