



Lunch Menu



SANDWICHES

SERVED WITH HOUSE PITA CHIPS

SANTA FE CHICKEN SANDWICH

apple-wood smoked bacon, pepper-jack, sprouts, avocado, cilantro-lime mayo*
9.95

REUBEN

corned beef or turkey, sauerkraut, Swiss, Thousand Island*
9.95

CLUB SANDWICH

turkey, ham, bacon, lettuce, tomato, onion, cilantro-lime mayo on white, wheat or rye*
9.95

PHILLY CHEESE (STEAK OR CHICKEN)

sautéed onions, peppers, mushrooms, garlic and Provolone*
8.95

B.L.T.

apple-wood smoked bacon, lettuce, tomato, cilantro-lime on white, wheat or rye*
7.95

TOM TURKEY

turkey, bacon, Provolone, cucumber, onions, tomatoes, greens, sprouts, ranch*
8.95

HOT HAM AND PROVOLONE

ham, provolone, lettuce, tomato, red onion*
6.95

180 CHICKEN SALAD SANDWICH

chicken, nuts, fresh veggies and fresh fruit on white, wheat, rye, Kaiser roll or pita*
6.95

EXTRAS

CUP OF SOUP – 3.95

BOWL OF SOUP – 5.95

HOUSE MIXED GREENS SALAD – 4.95

PARMESAN FRIES – 3.95

REGULAR FRIES – 2.95

HUMMUS, VEGGIE, PITA PLATE – 5.95

FRESH CHIPS & SALSA – 5.95

HOMEMADE COLESLAW – 2.95

HOUSE PASTA SALAD – 2.95

TURKEY PITA

onion, lettuce tomato, cheddar, pepper jack, ranch and pickle*
8.95

VEGGIE PITA

tomatoes, carrots, sprouts, onions, fresh greens, roasted garlic hummus
7.95

HAM PITA

lettuce, tomato, onion, pickle, cheddar, Swiss, Guinness mustard*
8.95

FISH FOCCACIA

roasted garlic and herb or chili-lime tilapia with lettuce, tomatoes, coleslaw and tarter sauce*
8.95

CHICKEN FOCCACIA

chicken, roasted red peppers, provolone, side of ranch*
9.95

VEGGIE FOCCACIA

hummus, onions, tomatoes, cucumbers, chaved carrots, sprouts*
8.95

GRILLED CHEESE

cheddar, apple-wood smoked bacon, tomato on white, wheat or rye*
6.95

SALADS

*Served with choice of dressing: Strawberry Vinaigrette, Ranch, Wasabi Ranch, Thousand Island, French, Italian, Bleu Cheese, Honey Mustard, Caesar or Oil/Vinegar

CHICKEN CAESER

grilled chicken, romaine, croutons, parmesan, homemade caesar dressing*
8.95

TACO SALAD (CHICKEN OR BEEF)

black beans, corn, pepper-jack, taco chips, peppers, sour cream, pico de gallo, guacamole*
8.95

CHEF SALAD

turkey, ham, cheddar, Swiss, hard boiled egg, red onion, carrot, cucumber, croutons*
8.95

BURGERS

SERVED WITH HOUSE PITA CHIPS

CHEESE BURGER

½ lb Angus Beef, lettuce, tomato, onion and pickle*
8.95

GREEN OLIVE BURGER

½ lb Angus Beef, green olives, bleu cheese*
9.95

GUACAMOLE BACON CHEESEBURGER

½ lb Angus Beef, guacamole, apple-wood smoked bacon, pepper-jack*
9.95

MUSHROOM SWISS BURGER

½ lb Angus Beef, wild mushrooms, Swiss*
9.95

PATTY MELT

½ lb Angus Beef, sautéed onions and Swiss on pumpernickel rye*
8.95

PIZZA

SERVED ON NINE INCH PITA CRUST

BARBEQUE CHICKEN

chicken, bacon, pineapple, onions, sweet or spicy barbecue sauce*
9.95

MEATY

pepperoni, ham, bacon*
9.95

ATHENA'S PITA

kalamata olives, tomatoes, feta, parmesan, herbs, garlic, olive oil
9.95

MARGHERITA

tomatoes, mozzarella, garlic, basil, olive oil
8.95

VEGGIE

tomatoes, onions, mushrooms, peppers
8.95

MORE

FISH AND CHIPS

beer battered cod, french fries, coleslaw, lemon, tartar sauce*
9.95

FISH TACO

roasted garlic and herb or chili lime tilapia, served on a soft flour tortilla, Pico de Gallo, fresh greens, bell peppers, sprouts, coleslaw, tartar sauce*
9.95

GYRO

lamb, beef, tomato, onion, cucumber, feta cheese, tzatziki sauce on a pita*
9.95

BUFFALO CHICKEN WRAP

lightly breaded chicken, tomato, onion, celery, lettuce, bleu cheese, ranch, hot sauce*
8.95

BURRITO - STEAK, CHICKEN, BEEF, OR VEGGIE

guacamole, corn salsa, rice, black beans, pepper-jack and cheddar, Pico de Gallo, sour cream*
9.95

QUESADILLA - STEAK, CHICKEN, OR ASPARAGUS

corn salsa, black beans, pepper-jack, cheddar, Pico De Gallo, sour cream*
9.95

Extra dressing .50