

STONINGTON HARBOR
YACHT CLUB

LUNCH MENU

SOUP DU JOUR \$8 *

CAESAR SALAD \$12 *

chopped hearts of romaine, grated Parmesan,
croutons & Caesar dressing

HOUSE SALAD \$12 *

field greens, tomato, cucumber, carrots,
kalamata olives & balsamic vinaigrette

CLASSIC WEDGE \$12 *

baby iceberg, cherry tomatoes,
blue cheese & bacon

HARBOR BOWL DU JOUR \$15 *

grains, greens, beans, veggies & dressing

GRILLED ADDITIONS

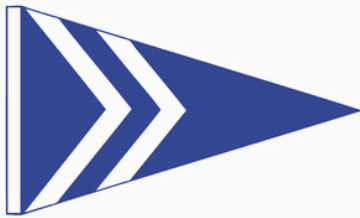
Bell & Evans free range chicken breast \$10

Faroe Island grilled salmon \$10

Angus beef steak \$10

Gulf shrimp \$10

- * Indicates item can be prepared gluten-free
- Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions
- Menu items are subject to change



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LEMONGRASS CHICKEN POTSTICKERS \$12

Served with Thai Sweet chili dip

SEARED AHI TUNA \$14 *

Asian slaw, wasabi-soy

DOUBLE DECKER TURKEY CLUB \$17

Roasted and Smoked Turkey on White or Wheat Bread
Herb Aioli, Sliced Tomato, Lettuce, and Bacon
Served with Hand Cut Fries

CLASSIC BLT \$14

Apple Wood Smoked Bacon, Lettuce, Tomato,
Mayo, with Grilled White or Wheat Bread

SHYC BEEF BURGER \$17

lettuce, tomato & onion on a pretzel bun.
Served with hand cut-fries
Add bacon (\$2)

DR. PRAGER'S VEGETABLE BURGER \$17

lettuce, tomato, & onion on a pretzel bun.
Served with hand-cut fries.

GRILLED OR CAJUN SPICED SALMON \$18

Pretzel Bun and Remoulade
Served with Hand-cut Fries

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