



# LUNCH MENU

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SOUP DU JOUR \$8  
soup of the day

FIELD GREENS \$8\*  
balsamic dressing

CAESAR SALAD \$12\*  
hearts of romaine, parmesan,  
croutons, Caesar dressing

HARBOR BOWL DU JOUR \$15\*  
grains, greens, beans, veggies, dressing

## Grilled Additions

6oz boneless chicken breast \$10

6oz Faroe island salmon \$12

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- \* Indicates an item can be prepared gluten-free.
  - Burgers and Salads with a protein are always available. 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.
  - \$3 Split plate charge.



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LEMONGRASS CHICKEN POTSTICKERS \$12

Served with Thai Sweet chili dip

SEARED AHI TUNA \$14 \*

Asian slaw, wasabi-soy

CLASSIC BLT \$14

Apple Wood Smoked Bacon,  
Lettuce, Tomato, Mayo

SHYC BEEF BURGER \$17

lettuce, tomato & onion on a pretzel bun.

Served with club fries

Add bacon (\$2)

DR. PRAGER'S VEGETABLE BURGER \$17

lettuce, tomato, & onion on a pretzel bun.

Served with club fries

GRILLED CHICKEN BREAST CIABATTA \$17\*

roasted peppers, provolone, arugula,  
aioli, club fries

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