



## LUNCH MENU

---

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

QUICHE DU JOUR \$16  
balsamic dressed greens

### Grilled Additions

6oz boneless chicken breast \$8

6oz Faroe island salmon \$13

3 colossal garlic shrimp \$12

---



AHI TUNA POKE BOWL \$16\*  
marinated edamame, cucumber,  
avocado, ponzu

GRILLED CHICKEN BLT \$17\*  
apple wood smoked bacon, lettuce, tomato, mayo  
served with really good fries  
(sweet potato fries +2)

VEGETABLE LO MEIN \$15  
fresh egg noodles and chile crisp  
add shrimp +\$12 or chicken +\$8

CLUB BURGER 8OZ. \$17\*  
Angus prime beef or Dr. Praeger's vegan patty  
served with really good fries  
(sweet potato fries +2)

- 
- \* Indicates an 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.