

## Pastas

Ricotta Gnocchi	house made in a pomodora sauce, fresh basil
Multi-grain Linguine	roasted butternut squash, tomato, manchengo cheese
Cavatelli	broccoli rabe, scarpelli sausage, garlic, virgin olive oil
Lobster Pappardelle Carbonara	shiitake mushrooms, peas, roasted tomato, light cream

## Sandwiches served with choice of homemade chips or fries

Chicken Cobb Wrap	grilled chicken, romaine, avocado, crumbled blue cheese, corn, eggs, cherry tomatoes, red onion, bacon
Roasted Turkey Club	apple smoked bacon, avocado, lettuce, tomato
Water Cub Panini	grilled eggplant, zucchini, red peppers, fresh mozzarella, pesto aioli, ciabattini bread
Asian Salmon Wrap	grilled with baby arugula, roasted peppers, tomato, saffron orange vinaigrette
Cod Tacos	shredded lettuce, tomato, sour cream, guacamole
Turkey Burger	baked steak fries, corn relish, sweet pepper aioli
Chicken Flatbread	chicken, baby greens, grilled red onion, sun dried tomato

## Entrées

Egg White Frittata	spinach, gruyere, tomato, baby greens
Free-Range Roasted Chicken	scarpelli sausage, rosemary, cherry peppers
Warm Salmon Cakes	belgium endive, frisse, parsley, potato & apple pancakes
Sautéed Salmon	vegetable lentils, grilled asparagus
Pan Seared Scallops	artichoke couscous, tomato relish, macadamia gremolata

In addition to the above selections, we can substitute any side dish with quinoa salad, wild or brown rice.

\*Thoroughly cooking, meats, poultry, seafood, or eggs reduces the risk of food born illness\*