

Lunch Menu

Sandwiches & Entrees

Sandwiches available on 12 grain, potato, marbled rye or sourdough bread.

All sandwiches served with choice of soup, salad, french fries,

potato salad, cottage cheese, cole slaw or fresh fruit.

Deli Turn Sandwich. \$6.75

Choice of sliced ham, roasted turkey, or roast beef with lettuce, tomato and mayonnaise.

Add Cheese. \$1.50

½ Sandwich. \$4.25

Tuna Salad Sandwich. \$7.25

Albacore tuna salad served on your choice of bread with lettuce and tomato.

Triple-Decker Club. \$8.75

Sliced turkey, ham, Swiss, piled high with lettuce, tomato, and bacon. Served on toasted sourdough bread.

Beef Brisket. \$6.75

Beef brisket, dry rubbed and slowly smoked, served on grilled sourdough with thinly sliced red onions, cheddar cheese and barbecue sauce.

B. L. T. \$6.75

The classic. Bacon, lettuce, and tomato on your choice of toasted bread.

French Dip. \$6.75

Hot lean roast beef, dipped in au jus and served on a french roll with a cup of au jus sauce.

Tuna Melt. \$7.25

Albacore tuna salad, topped with Swiss cheese on grilled sourdough bread.

Reuben Sandwich. \$7.25

Grilled corned beef, melted Swiss cheese, and sauerkraut, on dark rye bread with thousand island dressing.

Gobbler Sandwich. \$8.25

Roasted turkey, bacon, tomato, and cheddar cheese, grilled and served on your choice of bread.

Fish and Chips. \$8.50

Deep fried breaded Basa fillet and french fries, served with tartar sauce and lemon wedge.

New!

Grilled Teriyaki Salmon. \$9.50

Grilled Salmon brushed with a teriyaki glaze, served with rice pilaf and vegetables

Pork & Black Bean Chili

Bowl. \$7.25

Cup. \$4.50

Pork, chorizo sausage and black beans, simmered until tender and seasoned with a hint of chocolate. Topped with grated cheddar and pepper-jack cheeses, green onions and sour cream. Served with cheese bread.

Chicken Wrap. \$7.75

Crisp fried chicken strips (your choice, plain or spicy), romaine lettuce, tomato, cheddar cheese and ranch dressing wrapped in a tomato tortilla.

New!

Vegetarian Wrap. \$6.95

Grilled vegetables, tomatoes, feta cheese and romaine lettuce tossed in caesar dressing wrapped in a tomato tortilla.

Atkins Plate. \$5.95

½ pound ground beef patty, cottage cheese and sliced tomatoes. Served with House salad.

Omelette of the Day. \$7.25

Croissant Sandwich of the Day. \$7.75

Daily Special. Ask your server!

Lunch Menu

Salads

Served with your choice of cheese bread, garlic bread or wheat roll

Shadow Hills Chef's Salad \$8.25

Small Chef's Salad \$6.50

Strips of turkey, ham, Swiss and cheddar cheese on top of greens. Garnished with boiled egg and tomato wedges.

Cobb Salad \$8.75

Small Cobb Salad \$6.75

A delicious combination of diced chicken, tomato, boiled egg, bacon, avocado, and bleu cheese crumbles on top of salad greens.

Asian Chicken Salad \$8.75

Grilled chicken, almonds, crispy noodles and romaine lettuce tossed with wasabi dressing, topped with mandarin oranges, green onions and julienne carrots.

Northwest Salad \$8.25

Apples, hazelnuts, dried cranberries, bleu cheese and romaine lettuce tossed in a cranberry dressing.

Caesar Salad \$6.25

Small Caesar Salad \$4.50

Romaine lettuce, tossed with Parmesan Cheese, Caesar Dressing & croutons.

add Grilled Chicken \$2.00

add Bay Shrimp \$2.00

add Smoked Salmon \$3.00

Albacore Tuna Salad \$8.50

Albacore tuna salad on a bed of lettuce and garnished with boiled egg and tomato wedges.

Soup, Salad & Bread \$6.25

Bowl of our homemade soup of the day, served with house salad and bread.

Taco Salad \$8.75

Ground beef, lettuce, cheese, tomato, green onions and black olives in a crisp flour tortilla shell. Served with salsa and sour cream.

Add Guacamole \$0.50

Substitute Grilled Chicken \$1.00

Cheese Quesadilla \$6.50

Served with olives, green onions, and tomatoes

Add Chicken \$2.00

Add Bay Shrimp \$2.00

Add Steak \$3.00

Burgers

Our ground beef is from range-fed / hormone-free cattle.

All burgers served with choice of soup, tossed salad, french fries, potato salad, cole slaw, fruit, or cottage cheese

Regular Burger \$6.25

½ pound beef patty, char-broiled and served on a toasted Kaiser roll with all the trimmings.

add cheese . . . \$.50 **add bacon** . . . \$.75

Patty Melt \$7.25

Grilled beef patty, Swiss cheese, thousand island dressing and grilled onions on toasted rye bread.

Cuban Sandwich \$7.75

Pulled pork, grilled ham, Swiss cheese, sweet hot mustard, pickle slices and pickled onions on a toasted Ciabatta sandwich roll.

Chicken Burger \$6.75

4 oz Chicken Breast served on a toasted Kaiser roll with mayonnaise and all the trimmings.

Garden Burger \$6.25

A meatless patty with mushrooms, brown rice, onion, Bulgur wheat, herbs and spices. Served on a toasted Kaiser roll with all the trimmings.