

THE DELI

SERVED WITH KETTLE COOKED CHIPS, COLESLAW, OR APPLESAUCE, AND A PICKLE

TUNA MELT**

White Tuna Salad, Cheddar Jack Cheese, Pretzel Roll | \$9.00 | 456 Cal

CHICKEN SALAD CROISSANT**

House Made Chicken Salad, Pecans, Grapes, Lettuce, Croissant | \$8.95 | 533 Cal

CLASSIC CLUB WRAP**

Ham and Turkey with American Cheese, Lettuce, Tomato, Bacon
Flour Tortilla or GF Tortilla | \$8.95 | 750 Cal

PULLED PORK SANDWICH**

House Smoked Pulled Pork, Coleslaw, Brioche Roll | \$8.50 | 528 Cal

BUILD YOUR OWN DELI SANDWICH**

\$8.50 | 360 Cal

Protein | Turkey, Ham, or Tuna Salad

Cheese | American, Cheddar, Provolone, Swiss

Toppings | Lettuce, Tomato, Onion

Bread | White, Wheat, Rye

HALF A DELI SANDWICH & SOUP OR HOUSE SIDE SALAD

\$8.50 | 350 Cal

*Gluten Friendly **Gluten Friendly Available



MTO SALADS

HOUSE SALAD*

Arcadian Mix, Shredded Carrot, Heirloom Cherry Tomato, English Cucumber, House Croutons, Choice of Dressing

Half \$5.25 | 266 Cal **Full** \$9.00 | 532 Cal

CLASSIC CAESAR SALAD**

Romaine, Parmesan Cheese, Croutons, Parmesan Crisp, Caesar Dressing

Half \$5.25 | 200 Cal **Full** \$9.00 | 400 Cal

BUILD YOUR OWN SALAD**

Your Choice of Greens with up to 6 toppings

Half \$5.25 | 300 Cal **Full** \$9.00 | 500 Cal

Additional Toppings \$0.75 each

Add a Protein

Tuna Salad* \$4.25 | 300 Cal

6 oz. Grilled Chicken Breast* \$4.25 | 280 Cal

(5) Grilled Shrimp* \$6.50 | 100 Cal

6 oz. Grilled Salmon* \$6.50 | 400 Cal

6 oz. Grilled Sirloin* \$6.50 | 350 Cal

Avocado* \$3.25 | 140 Cal (V)

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THE GRILL

SERVED WITH KETTLE COOKED CHIPS, COLESLAW, OR APPLESAUCE, AND A PICKLE

THE B.A.T SANDWICH **

Oven Roasted Turkey, Provolone, Bacon, Avocado, Roasted Garlic Aioli,
Grilled Ciabatta | \$9.75 | 705 Cal

PHILLY CHEESESTEAK**

American Cheese, Peppers, Onions, Mushrooms, Amoroso Roll
\$9.75 | 555 Cal

Grilled BBQ Chicken Sandwich**

Grilled Chicken, Cheddar Cheese, Jack Daniel's BBQ Sauce, Bacon,
Frizzled Onions, Brioche Bun | \$9.75 | 660 Cal

CHEESE QUESADILLA

Cheddar Jack Cheese, Diced Tomato, Diced Red Onion, Salsa, Sour Cream
\$9.25 | 444 Cal (V)

Chicken Quesadilla | \$13.25 | 615 Cal

Shrimp Quesadilla | \$14.25 | 529 Cal

Steak Quesadilla | \$15.25 | 794 Cal

BUILD YOUR OWN BURGER**

Lettuce, Tomato, Choice of Cheese, Toasted Brioche

\$9.75 | 680 Cal

Add Bacon \$1.00

*Consuming raw or undercooked meats, poultry, seafood, shellfish,
or eggs may increase your risk of foodborne illness, especially if
you have certain medical conditions.*



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ENTREES & SIDES

GRILLED SCOTTISH SALMON*

Mango Coulis, Chimichurri Drizzle, Rice Pilaf, Choice of Vegetable

\$13.95 | 500 Cal

BALSAMIC PEACH CHICKEN*

Balsamic Roasted Peaches and Basil, Rice Pilaf, Choice of Vegetable

\$13.95 | 450 Cal

CHEF'S CRAB CAKE DINNER

One Lump Crab Cake Served with Two Sides of Your Choice

\$14.95 | 360 Cal

PENN GOLD SIRLOIN STEAK*

Soy, Ginger Marinated, Cooked to Temperature,

Served with Two Sides of Your Choice

\$14.95 | 510 Cal

CAPRESE PASTA

Fresh Mozzarella, Basil, Fresh Cherry Tomatoes, Linguine Pasta,

Light Garlic Butter Sauce \$12.95 | Cal 635 **(V)**

Add Grilled Shrimp \$6.50 or Grilled Chicken \$4.25

SIDES

Rice Pilaf* | \$2.00

Whipped Potatoes* | \$2.00

Baby Spinach* | \$2.00

Baby Carrots* | \$2.00

Green Beans* | \$2.00

Broccoli* | \$2.00

Grilled Squash* | \$2.00

ALA CARTE SIDES

French Fries | \$2.75

Sweet Potato Fries | \$2.75

Mac & Cheese | \$2.75

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BREAKFAST

BELGIAN WAFFLE

\$5.25 | 525 Cal

Add Berries and Whipped Cream \$1.00

BUTTERMILK PANCAKES

\$5.25 | 340 Cal

Add Blueberry Compote \$1.00

FRENCH TOAST

\$4.95 | 640 Cal

BREAKFAST QUESADILLA

Flour Tortilla with Scrambled Eggs, Ham, and Cheddar

\$5.95 | 629 Cal

TWO EGGS SERVED ANY WAY**

With Choice of Toast

\$3.95 | 629 Cal

BREAKFAST SANDWICH**

\$5.95 | 528 Cal

EGG | Fried or Scrambled

MEAT | Ham, Bacon, or Sausage

CHEESE | American, Cheddar, Provolone, or Swiss

BREAD | Toast, Bagel, English Muffin, or Croissant

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BREAKFAST

BAKED OATMEAL

Peaches, Blueberries

\$4.25 | 525 Cal

Add Milk \$4.25 | 525 Cal

EGG OMELET*

Eggs or Egg Whites and 3 Add-ins | Served with choice of Toast

\$6.95 | 340 Cal

Add-ins: Spinach, Tomatoes, Feta Cheese, Cheddar Cheese,
Onions, Peppers Mushrooms, Bacon, Ham
Additional Add-Ins available at \$0.75 each

ALA CARTE SIDES

Bacon, 3 Strips*

\$2.95 | 126 Cal

Sausage Patties, 2 Each*

\$2.95 | 132 Cal

Hash Browns or Home Fries*

\$2.95 | 185 Cal

Toast and Butter

Cottage White Bread, Whole Wheat, Rye, English Muffin,
or Gluten-Free White Bread*

\$1.25 | 120 Cal

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VEGETARIAN

IMPOSSIBLE OR BLACK BEAN BURGER**

Lettuce, Tomato, Choice of Cheese, Toasted Brioche
Grilled Onions or Mushrooms | \$0.50
\$9.75 | from 680 Cal

EDAMAME POTSTICKERS

Yuzu Dipping Sauce
\$7.99 | 350 Cal

IMPOSSIBLE MEATBALL HOAGIE

Provolone Cheese, Marinara
\$8.50 | 525 Cal

CAULIFLOWER FRITTER

Roasted Red Pepper Aioli
\$9.50 | 360 Cal

SWEET POTATO TACOS

Diced Onion, Cilantro, Lime Crème, Sliced Avocado
\$8.25 | 425 Cal

WALNUT LENTIL BOLOGNESE**

Crushed Tomatoes, Vegetable Broth, Basil, Spaghetti
\$9.25 | 515 Cal

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