

Lunch Menu



To Start or Share

\$13

Caribbean Conch Fritters: Crispy Fritters, Tropical Fruit Marmalade & Spiced Tartar
Lemon Pepper Calamari: Classic Twist with Tomato Sauce, and a Pineapple-Melon Jam
Homemade dips: (choose any 2) Sophisticated Hummus, Sy's Ethiopian Salad or Labne served with our Crispy Homemade Tortilla Chips or Warmed Pita

Soups to Savor

\$9

Luscious Leek: Velvety Leek & Celeriac Soup Garnished with Ground Pepper & Sprouts ^{efit}
Soup of the day: Ask your server for today's Simmering Big Bowl Creation

Sensational Salads

Caesar Salad: Crisp Romaine Leaves Tossed with Dressing, Parmesan & Garlic Croutons \$13
Spinach Salad: Avocado, Almonds, Cranberries, Bacon, Egg, Mushrooms ^{efit} \$12
Quinoa Wild Rice Bowl: Fresh greens, Tomato, Onion, Pepper, Avocado, Candied Nuts Tossed with our Chefs Lemon Vinaigrette
Add to any Salad: Grilled Chicken, Fish or Garlic Sautéed Shrimp: \$10

Savory Sandwiches, Warm Wraps & Crisp Pizza

Chicken Tikka Wrap: Aromatic Chicken Sizzling with Spices in a Warm Wrap \$19
Jerked Chicken Panini with Melted Cheese: Comfort Food to Soothe the Soul \$17
Garlic & Basil Roasted Vegetable Wrap: a Melody of Herbs and Hearty Roasted Vegetables \$17
Muse Beef Burger or Turkey Burger: Havarti Cheese, Onions, Mushrooms ^{efit} \$17
Flatbread Pizza: Crispy Thin Crust with a Punch of Classic Tomato Sauce & Cheese (small/large) \$12 / \$16
Toppings: Onion, Mushroom, Spinach, Chicken, Bacon, Ham, Egg, Pepperoni \$1 each

The Main Meal

Homemade Béchamel Lasagna: Classic Beef Layered with Mozzarella & Béchamel Sauce or choose **Vegetarian style:** with Locally Grown Vegetables Broccoli, Zucchini, Mushrooms \$15
Blackened Salmon: Delicate Moist Salmon enhanced with a Sancerre White Wine Sauce \$29
Perfectly Seared Rockfish: Lemon & White Wine Sauce with Pilaf or Potato & Herbed Vegetable \$29
10 oz. Angus Steak: Juicy Full Flavor Angus with Mushroom Sauce, Fries & House Salad ^{efit} \$32
Beef Bolognese: Linguini served Al-Dente with Minced Beef & Parmesan Cheese \$15

^{efit} Ask about our Efit "Low Carbohydrate-Low Fat" Choices available on these dishes!

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"all you need is love, but a little chocolate now and then doesn't hurt"...ask about our decadent desserts!