

Appetizers

Pulled Pork Quesadilla ~ \$8.5

\$7.5

Pulled pork, Jack & cheddar cheeses in a flour tortilla.
Served with cole slaw & chipotle sour cream.

Nachos ~ \$9

~ \$7

Spicy beef, cheese, lettuce, tomatoes, onion,
jalapeños, salsa & sour cream.

Chicken Fingers ~ \$7

\$8.5

Served with French fries & honey mustard.

Lemon cilantro mussels ~ \$10

flour tortilla.

Fresh mussel sauteed with onions, tomatoes in a
lemon wine sauce.

Tapas Trio Dip ~ \$9.5

garlic wine

Smoked salmon dip, olive tapenade dip & a red pepper
hummus. Served with blue & yellow corn chips, carrots,
red peppers & cucumbers.

Buffalo Tenders ~

Served with celery, carrots &
bleu cheese dressing.

Sweet Potato Wedges

Filled with maple bacon, brown sugar, Jack &
cheddar cheeses. Served with chipotle sour cream

Chicken Quesadilla ~

Chargrilled chicken, peppers, onions, Jack &
cheddar cheeses in a

Beef Tenderloin Crostinis ~ \$10

Sautéed tenderloin tips in a light

cream sauce. Served over herb crostinis &
garnished with olive lemon field greens.

Flatbread Bistro PIZZA

Mediterranean ~ \$9 Marinara sauce topped with caramelized onions, spinach, sun dried tomatoes and feta cheese.

Basil alfredo ~ \$9 Broccoli, artichoke hearts, spinach and sun dried tomatoes on a basil alfredo cream sauce.

California ~ \$10 Pesto sauce topped with fresh avocados, cucumbers, sweet sautéed onions, tomatoes and mozzarella

Mexican fiesta ~ \$9 Pico de gallo, fresh avocados and jalapenos in cheddar and jack cheese over a zesty salsa.

Roasted Vegetable ~ \$9 Eggplant, portabella mushrooms, summer squash and red peppers roasted over a sun dried
tomato

pesto sauce then topped with a gorgonzola cheese mix.

BBQ Chicken ~ \$10 Grilled chicken and caramelized onions on a chipotle barbeque marinara sauce topped with
cheese.

SaLADs

Lamb Salad ~ \$12

~ \$9.5

Mixed greens, red onions, tomatoes, pita,
Kalamata olives, pepperoncinis, feta cheese &
grilled lamb. Served with a feta vinaigrette dressing.

Mozzarella & Tomato Salad ~ \$8

Salad ~ \$9.5

Fresh field greens, cucumbers & mozzarella cheese
with lightly fried & seasoned tomatoes. Tossed
in a light citrus vinaigrette.

CRAB Cake Salad ~ \$12

Fresh shrimp & crab cakes, field greens, tomatoes,
cucumbers & roasted red peppers. Tossed

Mediterranean Chicken Salad

Grilled chicken, fresh field greens, tomatoes,
cucumbers, olives & feta cheese. Served
with a light balsamic herb vinaigrette.

Sweet and Sour Chicken

Charbroiled chicken tossed with field greens,
cucumber, papayas & pineapples. Tossed
a light red wine ginger vinaigrette dressing.

Lobster Salad ~ \$14

Fresh lobster meat with dill mayo over field greens
with pita, tomatoes, cucumbers & roasted red

in a light lemon citrus vinaigrette dressing.

Salmon Salad ~ \$11

Baked lemon herb crusted salmon over field greens. Tossed with a light citrus vinaigrette.

pepper strips.

Taco Salad ~ \$8.5

Spicy beef, tomatoes, onions & cheese over greens. Served with tortilla chips & an avocado dressing.

Chicken Caesar ~ \$9

Tender chargrilled chicken breast, tomatoes & mushrooms tossed in our homemade Caesar dressing.