

THE DINNER SPECIALS

AVAILABLE AFTER 4PM

MONDAY

Acapulco Chicken ^{GF}

calories 569 protein 45g fat 18g carbs 62g • all-natural 6oz grilled chicken breast topped with avocado & jack cheese, served with grilled tomatoes, steamed veggies, side of salsa fresca & two warm corn tortillas 20.00

Barramundi Chipotle Pasta*

grilled 4oz barramundi on a bed of linguine tossed with fresh spinach & mushrooms in a zesty chipotle cream sauce, topped with fresh parmesan cheese & served with garlic toast 20.00

Carnitas Enchiladas Rojas ^{GF}

two tender carnitas enchiladas smothered with mild red enchilada sauce, topped with sour cream drizzle, served with spanish rice & black beans 19.00

TAP TUESDAY

\$2 OFF
ALL
TAP
BEER

Deluxe Taco Plate

served with choice of spanish or brown rice & black or refried beans

- 3 street tacos (chicken ^{GF}, carnitas ^{GF}, carne asada) 17.00
- 3 ground turkey 17.00 ^{GF}
- 3 baja style breaded cod 19.00
- 3 grilled barramundi 20.00

Carnitas Tostada

deep fried flour tortilla stuffed with tender carnitas, sautéed onions & tomatoes, topped with mixed greens, shredded cheese, fresh guacamole & sour cream drizzle 19.00

Fabulous Shrimp Fajitas ^{GF}

calories 563 protein 28g fat 16g carbs 80g • sautéed succulent shrimp, grilled peppers, tomatoes & onions, served with black beans & two corn tortillas 22.00

WINE WEDNESDAY

1/2 OFF
ALL
WINE

Chicken Florentine ^{GF}

all-natural 6oz chicken breast served on a bed of steamed spinach, topped with pesto & mozzarella cheese, served with brown rice & sautéed veggies 20.00

Grilled Flank Steak

wanderer farms® 6oz flank steak, topped with sautéed mushrooms & blue cheese crumbles, served with mashed sweet potatoes & sautéed veggies 23.00

Teriyaki Salmon

pan-seared 6oz north atlantic salmon, paired with stir-fried fresh veggies, served over brown rice & topped with sesame seeds 24.00

THURSDAY

Blackened Shrimp Tacos

two grilled blackened shrimp tacos with lime infused shredded cabbage, pico de gallo, cilantro, feta cheese, creamy white sauce & fresh avocado in flour tortillas, served with black beans & spanish rice 20.00

Italian Sausage & Spaghetti*

grilled italian pork sausage tossed with onions, bell peppers & tomatoes in homemade marinara sauce, topped with fresh parmesan cheese & served with garlic toast 21.00

Olé Chicken Burrito Bowl ^{GF}

seasoned grilled chicken on a bed of romaine lettuce, brown rice & black beans topped with guacamole, roasted corn, pico de gallo, shredded cheese & sour cream drizzle, served with a side of salsa fresca 19.00

FRIDAY

Blackened Chicken Penne Pasta*

all-natural 6oz blackened chicken breast on a bed of spaghetti tossed with sundried tomatoes, mushrooms, pesto sauce, topped with fresh parmesan cheese & served with garlic toast 20.00

Chicken Cordon Bleu

grilled panko crusted all-natural 6oz chicken breast stuffed with mozzarella cheese & cured ham, served with mashed sweet potatoes & steamed fresh veggies 23.00

Turkey Lasagna

homemade tomato basil sauce, with fresh herbs & italian spices, layered with lean ground turkey, mozzarella, creamy ricotta, & fresh parmesan, served with garlic toast 19.00

SATURDAY

Blackened Salmon Filet

blackened 6oz north atlantic salmon, topped with a rich, velvety white wine lobster cream sauce, over a bed of brown rice, steamed spinach & sautéed veggies 24.00

Merlot Flank Steak ^{GF}

wanderer farms® 6oz flank steak topped with crispy bacon & savory merlot sauce, served over parmesan mushroom brown rice with a side of grilled veggies 23.00

Chicken Florentine Spaghetti*

creamy white wine sauce with tender pan-fried all-natural 6oz chicken breast & fresh baby spinach, topped with parmesan cheese & served with garlic toast 21.00

SUNDAY

Chicken Stir-Fry

all-natural 6oz teriyaki chicken chopped with fresh wok veggies, served over choice of brown or white rice, topped with sesame seeds 20.00

Chicken Chile Verde Enchiladas ^{GF}

two chicken chile enchiladas smothered with mild tomatillo sauce, topped with sour cream drizzle, served with spanish rice & black beans 18.00

Turkey Lasagna

homemade tomato basil sauce, with fresh herbs & italian spices, layered with lean ground turkey, mozzarella, creamy ricotta, & fresh parmesan, served with garlic toast 19.00

*zoodle it! ^{GF}

sub spaghetti with fresh spiraled zucchini noodles! +2.00



PROUDLY SERVING

DRINKS & DESSERTS

WINE

Rosé

THE DUDES
RUSSIAN RIVER, CA
from the pinot noir grape with fresh red berry flavors and a crisp, refreshing acidity
glass 12.00 | bottle 36.00

Chardonnay

FESS PARKER
SANTA BARBARA, CA
ripe apple, butter, lemon, and melon perfectly balanced with light, toasty oak on the palate
glass 12.00 | bottle 36.00

Sauvignon Blanc

ENGINE HOUSE
LAKE COUNTY, CA
flavors of peach, grapefruit, and fruit cocktail with a refreshing finish
glass 12.00 | bottle 36.00

Pinot Grigio

ALTO LIVELLO, ITALY
a light aroma of citrus and melon, finishing with a subtly sweet lemon flavor
glass 11.00 | bottle 33.00

Pinot Noir

J VINEYARDS MULTI APPELLATION
SONOMA, MONTEREY AND
SANTA BARBARA, CA
generous notes of red and black cherry, ripe berries, pomegranate and plum are nicely layered with hints of cocoa dust, earth and toast
glass 13.00 | bottle 39.00

Cabernet Sauvignon

J.LOHR PASO ROBLES, CA
big, juicy red-fruit flavors infuse the palate while softly textured tannins lead to a long, gratifying finish
glass 11.00 | bottle 33.00

DESSERTS

Fresh Baked Cookie 3.50

Cookie-n-Fudge

fresh baked chocolate chip cookie topped with hot fudge, vanilla ice cream & whipped cream 9.50

Fresh Baked Brownie 5.00

Brownie-n-Fudge

fresh baked brownie topped with hot fudge, vanilla ice cream & whipped cream 11.00

Brownie Bite (under 150 calories)

mini fresh baked brownie with fresh strawberries 5.00

BEER

West Coast IPA

BURNIN' DAYLIGHT
lomita, ca • ABV 7.0% • pint 9.00 | pitcher 25.00

Narblonde Blonde Ale

BURNIN' DAYLIGHT
lomita, ca • ABV 5.0% • pint 8.00 | pitcher 23.00

PV Pilsner

BURNIN' DAYLIGHT
lomita, ca • ABV 6.0% • pint 8.00 | pitcher 23.00

Pacifico

CORONA
mexico • ABV 4.6 % • bottle 7.00

Modelo Especial

GRUPO MODELO
mexico • ABV 4.4 % • bottle 7.00

COCKTAILS

Bloody Mary

a salty-savory mixture of tomato, celery, olives, bacon & a lemon slice 12.00

Mimosa

guava • mango • cranberry • orange 9.00

SPARKLING

Brut

CHAMDEVILLE
france • glass 10.00 | bottle 36.00

Vanilla Ice Cream one scoop 5.00

Shakes

 11.00

vanilla • strawberry • chocolate
add-ins +1.50 banana • oreo® cookies • brownie • chocolate chip cookie

Nitro Coffee Shake

vanilla ice cream blended with locally roasted owlverick's® nitro coffee 12.00

Apple Cobbler à la Mode

fresh baked topped with vanilla ice cream 10.00

Grilled Banana Bliss

warm, house-made banana bread, lightly grilled for a caramelized finish & served with a generous scoop of vanilla ice cream topped with a sprinkle of cinnamon 11.00