

SOUPS & SALADS

Soup du Jour

Chef's Seasonal Soup of the Day

6/8

She-Crab Soup

Lump Crab, Sherry Gastrique

8/11

Classic Caesar Salad*

Romaine, Shaved Parmesan, Sourdough Croutons, Caesar Dressing

8/11

Chopped Wedge Salad **GF**

*Iceberg Lettuce, Blue Cheese, Bacon, Cherry Tomatoes
Red Onion, Blue Cheese Dressing*

9/12

Niçoise-Style Salad **GF** **V**

*Baby Mixed Greens, Baby Heirloom Tomatoes, Haricots Verts
Herb-Marinated Tofu, Crispy Chickpeas, Mediterranean Olives
Artichoke Hearts, Shaved Red Onions, Red Wine Vinaigrette*

15

Protein Additions: Grilled Chicken 7 | Scottish Salmon 11 | Beef Tips 14 | Shrimp 11

HANDHELDS

All handhelds include one side

Green Goddess Tuna Wrap 16

*Green Goddess Tuna Salad, Olive Tapenade
Dijon Mustard, Roasted Red Peppers
Arugula, Whole Wheat Wrap*

Grilled Curry Chicken Sandwich 15

*Fennel-Yogurt Slaw, Shaved Red Onion
Dill Pesto, Sesame BBQ Bread*

Chimichurri Roast Beef Club 17

*Seasoned Roast Beef, Picante Provolone
Green Leaf Lettuce, Salsa Criolla Spread
Sliced Tomatoes, Applewood Smoked Bacon
Whole Wheat Bread*

Black Grouper Tacos al Pastor(2) 16

*Marinated Black Grouper
Pineapple Salsa, Shredded Cabbage
Butternut Squash Guacamole, Cilantro*

Fried Artichoke Sandwich **V** 14

*Marinated Artichoke Hearts
Red Cabbage Slaw, Jalapeño Ranch
Dill Pickles, Vegan Pretzel Roll*

Charbroiled CAB Burger* 16

*Choice of Cheese, Green Leaf Lettuce
Onions, Applewood Smoked Bacon
Heirloom Tomatoes, Brioche Bun*

Salmon Pastrami & Dill Pickle Grilled Cheese 17

*Salmon Pastrami, Gruyère Cheese
Dijon Mustard, Dill Pickles
Sourdough Bread*

Buffalo Chicken BLT 15

*Buffalo & Blue Cheese Chicken Salad
Applewood Smoked Bacon
Celery & Carrot Pickled Iceberg Slaw
Sliced Tomatoes, Sesame BBQ Bread*

SIDES

All sides are \$5

Fresh Fruit **GF** **V**

Coleslaw

Fries

Sweet Potato Fries

Potato Chips

Onion Rings

TLC Black Bean Burger **V** 14

*Green Leaf Lettuce, Heirloom Tomatoes
Pickled Onions, Cajun Remoulade
Vegan Brioche Bun*

GF Gluten Free **V** Vegan **V** Vegetarian

For our members with life-threatening food allergies, please request to speak with the Chef directly. While we take dietary preferences and restrictions very seriously, cross-contact with other ingredients may occur. Regrettably, we cannot guarantee the complete absence of allergens.

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.