

FOOD



MENU

APPETIZERS

- Tortilla Chips & Fire Roasted Salsa**.....\$6
- Bruschetta Crostini**.....\$8
Toasted crostini, mozzarella, bruschetta & balsamic
- Giant German Pretzel**.....\$12
Beer cheese, spicy brown mustard & salt
- Hummus Plate**.....\$13
Hummus with tortilla chips, celery, carrot, cucumber, fresh fruit, cheddar cheese & gherkin pickle.
- Quesadilla with Tortilla Chips & Fire Roasted Salsa**.....\$9
[Add Chicken +\$3, Avocado + \$2, Spinach + \$1]

SMOOTHIES

- Smooth Operator**.....\$10
Strawberries, banana, orange juice, almond milk, vanilla extract & chia seeds
- Gonzo Berry**.....\$10
Blueberry, banana, coffee, spinach, almond milk, honey & vanilla extract
- Green Machine**.....\$10
Spinach, cucumber, celery, lime, mango, banana, pineapple juice & chia seeds
- Funky Monkey**.....\$10
Banana, peanut butter, dates, cacao powder, vanilla extract & almond milk

FROM THE GARDEN

[Add Chicken to any salad +\$3]

- Garden Salad**.....\$10
Tomato, cucumber, red onion, croutons over chopped spinach & romaine
- Greek Salad**.....\$12
Olives, roasted red pepper, cucumber, tomato, red onion & feta over fresh spinach
- Spring Salad**.....\$13
Orange slices, avocado, toasted almonds, fresh basil, tomato, cucumber & croutons over chopped spinach & romaine
- Chicken Caesar**.....\$13
Roasted chicken, parmesan, & croutons over romaine with caesar dressing
- Mediterranean Chicken Cobb**.....\$14
Roasted chicken, bacon, avocado, tomato, cucumber, olives & feta over crisp romaine lettuce

DRESSINGS: *Blueberry-Basil Vinaigrette, Balsamic Vinaigrette, Greek-Feta Vinaigrette, Italian, Caesar, Ranch, Blue Cheese*

WINGIN' IT

Tossed in your choice of: *BBQ, Buffalo, Garlic Parmesan, Hot or Teriyaki*
Served with celery and choice of Blue Cheese or Ranch

Jumbo Wings

- 5**.....\$9 **10**.....\$17

Boneless Wings

- 1/2lb**.....\$8 **FULL LB**.....\$15

FLATBREAD PIZZAS

[Gluten free pizza crust +\$2]

- Margherita**.....\$12
Tomato, basil, balsamic drizzle, marinara & mozzarella
- Pepperoni**.....\$12
Pepperoni, marinara & mozzarella
- Italian Meatball**.....\$13
Italian meatball, roasted red peppers, marinara & mozzarella
- Veggie Supreme**.....\$12
Roasted red peppers, olives, red onion, spinach, feta, marinara & mozzarella
- The Californian**.....\$13
Chicken, bacon, avocado, tomato, red onion, salsa & mozzarella

HANDHELDS

Served with kettle chips & pickle spear OR tortilla chips & salsa.
[Substitute side salad +\$2]

- Bruschetta Melt Panini**.....\$11
Bruschetta [tomato, red onion, basil, lemon, balsamic] & mozzarella
[Add Chicken +\$3, Bacon +\$3]
- Chicken Bacon Ranch Panini**.....\$13
Roasted chicken, bacon, ranch & mozzarella
- The "Joe T" Panini**.....\$12
Italian meatball, red pepper, marinara & mozzarella
- The Veggie Wrap**.....\$11
Hummus, cucumber, red pepper, olives, spinach, tomato, feta & balsamic
- Chicken Caesar Wrap**.....\$13
Roasted chicken, grated parmesan, tomato, romaine & caesar dressing
- Buffalo Chicken Panini**.....\$13
Roasted buffalo chicken, blue cheese sauce, celery & mozzarella

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

WE ARE A CASHLESS FACILITY. CARDS ONLY or CHARGE TO MEMBERSHIP

DRINK



MENU

DRAFT BEER

MICHELOB ULTRA Light Lager 4.2%	5
GET PICKLED LAGER [served w/ pickle spear] 5.7%	6
KINDRED SPIRIT Headspace IPA 7.7%	7
KINDRED SPIRIT Double Headspace DIPA 10.2%	8
ALLAGASH White 5.2%	7
CENTER OF THE UNIVERSE Ray Ray's Session IPA	7
DEVILS BACKBONE Vienna Lager 4.9%	7
KONA Big Wave Golden Ale 4.4%	7
SIERRA NEVADA Pale Ale 5.6%	7
ROTATING HAZY IPA	MP

CANS

NARRAGANSET LAGER	2
PABST BLUE RIBBON	4
BUD LIGHT	5
MILLER LITE	5
COORS LIGHT	5
BLUE MOON	5
YUENGLING	5
MODELO ESPECIAL	6
FOUNDERS ALL DAY IPA	6
GUINNESS	6
BINGO LAGER 16OZ	6
DOGFISH HEAD SEAQUENCH GOSE	6
BOLD ROCK APPLE CIDER	6
COYOTE HOLE GREEN APPLE CIDER	6
POTTER'S GRAPEFRUIT HIBISCUS CIDER	6
LEGEND BROWN ALE 16OZ	7
GLUTENBERG BLONDE ALE (gf)	7
WHITE CLAW SELTZER	7
HARDYWOOD SUNCRUSH SPARKLING ALE	7
HIGH NOON [SELTZER+VODKA]	7
FINNISH LONG DRINK [GRAPEFRUIT+JUNIPER+GIN]	7
FINNISH LONG DRINK [PEACH+JUNIPER+GIN]	7
SURFSIDE [TEA+LEMONADE+VODKA]	7

SPIRITS & COCKTAILS

BLOODY MARY	9
with local Cirrus Vodka	
JALA-PINA MARY	10
with Cirrus Jalapeno Pineapple Vodka	
TRANSFUSION	9
Cirrus Vodka + Ginger Ale + Grape Juice	
BASIL BERRY SMASH	8
Gin + blueberry-basil shrub + soda	
FLAMINGO	8
Tequila + Fresca + Grapefruit	
MIMOSA	7
MARGARITA	7

SPARKLING

glass / bottle

PROSECCO	8
Frassinelli Prosecco (Italy)	7 / 24

WHITE

HOUSE WHITE (Italy)	6 / 22
CHARDONNAY	
Josh Cellars, Craftman's Collection Chardonnay (California)	8 / 28
SAUVIGNON BLANC	
Squealing Pig (New Zealand)	8 / 28
PINOT GRIGIO	
Sottoriva Antica Pinot Grigio (Italy)	28

PINK

ROSÉ

La Jolie Fleur (France)	8 / 28
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RED

HOUSE RED (Italy)	6 / 22
CABERNET SAUVIGNON	
Josh Cellars, Craftsman's Collection Cabernet Sauvignon (California)	8 / 28
CHIANTI	
Fonte Dei Borghi Chianti (Italy)	8 / 28
RED BLENDS	
Bixio Cabernet Blend (Italy)	25
Charles Woodson, Intercept Red Blend (California)	25
Argiano, Non Confunditur Red Blend (Tuscany, Italy)	25

NON-ALC

ATHLETIC RUN WILD IPA N/A	6
HEINEKEN 0.0 N/A	6