

## appetizers

**Fish Tacos** \$14  
fried cod strips, slaw, chipotle sauce

**Jumbo Wings(10)** \$14  
choice of buffalo or honey barbeque  
served with celery and carrot sticks

**Boneless Chicken Wings** \$12  
choice of buffalo or honey barbeque  
served with celery and carrot sticks

**Baked Stuffed Mushrooms  
with Crabmeat** \$15  
served with lemon butter sauce

**Bang Bang Shrimp** \$14  
tossed in our chipotle sauce  
served over slaw

**Hand Breaded  
Chicken Tenders** \$12  
served with choice of sauce

## soups

**Crock of French Onion** \$8  
with herb crouton and  
topped with melted cheese

**Bowl Soup of the day** \$5

## salads

**Greek Salad** \$11  
romaine lettuce, tomato, cucumber,  
red onion, olives, feta cheese,  
grape leaves, egg, greek dressing

**Caesar Salad** \$10  
romaine lettuce, herb croutons,  
parmesan cheese, tossed in caesar  
dressing

**B.L.T Salad** \$11  
mixed greens , bacon, cheddar  
cheese, tomato, cucumber, red onion,  
olives, egg

**Protein Toppings:** Grilled Chicken \$5, Grilled Shrimp \$7, Salmon \$9, Crab Cake \$9,  
Crispy Chicken \$5, Flank Steak \$7, Gyro Meat \$5, Bang Bang Shrimp \$7, Buffalo Chicken \$5,  
Grilled Vegetables(zucchini, mushrooms) \$5

**Dressings:** greek, balsamic vinaigrette, blue cheese, ranch, caesar, russian , honey mustard,  
lemon vinaigrette, fat free raspberry vinaigrette

## grilled entrees

*served with soup or salad(house, greek, caesar) and two vegetables*

**Grilled Chicken Breast** \$18  
seasoned and grilled

**Chopped Beef Steak** \$17  
grilled mushroom, beef gravy

**Grilled Pork Chops** \$19  
seasoned and grilled

**New York Strip Steak** \$27  
topped with fried onion strings

**Greek Style Lamb Chops** \$27  
seasoned with salt, pepper, fresh  
oregano and fresh lemon

**Cowboy Flank Steak** \$20  
topped with grilled onions,  
peppers, mushrooms

**Cheesesteak Egg Rolls** \$13  
served with sriracha ketchup

**Fried Mozzarella Sticks** \$10  
served with marinara sauce

**Fried Calamari** \$14  
served with marinara sauce  
and lemon wedges

**Hand Breaded Onion Rings** \$9  
served with choice of sauce

**Nachos** \$13  
tortilla chips, jalapenos, tomatoes,  
scallions, cheese, salsa, guacamole  
and sour cream.  
choice of: beef brisket or grilled chicken

**Bowl of Fresh Chili** \$8  
topped with onion and  
cheddar cheese

**Bowl Chicken Soup** \$5

**Walnut Apple Salad** \$11  
fresh spinach, apple, walnuts,  
crumbled blue cheese, tomato,  
cucumber, red onion, olives

**Cobb Salad** \$11  
fresh spinach, avocado, bacon, egg,  
tomato, cucumber, crumbled bleu  
cheese, red onion, olives

**Mediterranean Salad** \$11  
fresh arugula, roasted peppers, fresh  
mozzarella, tomato, cucumber,  
red onion, olives

**Urban Kitchen Combo** \$27  
grilled fillet mignon and shrimp  
served with a bourbon sauce

**Chicken Shish Kabob** \$17  
(complete)  
chunks of chicken with fresh  
vegetables on a skewer grilled  
served over rice

**Filet Mignon Shish Kabob** \$20  
(complete)  
chunks of fillet mignon with fresh  
vegetables on a skewer grilled  
served over rice

## favorite entrees

*served with soup or salad (house, greek, caesar) and two vegetables*

**Roast Turkey** \$17  
in house roasted turkey breast served with stuffing,  
cranberry sauce and turkey gravy

**Brisket of Beef** \$18  
cooked in house, fork tender served with a beef jus

**Mile High Meatloaf** \$17  
homemade meatloaf with grilled onions, peppers, mushrooms  
served over mashed potatoes with beef gravy topped with  
fried onion strings (complete)

**Chicken Croquettes** \$15  
all white meat croquettes golden brown served over mash  
potato and turkey gravy, cranberry sauce

**BBQ Ribs** \$19  
tender off the bone prepared in BBQ sauce

## italian entrees

*served with soup or salad (house, greek, caesar)*

**Spaghetti Marinara** \$13  
meatballs \$4 sauteed chicken \$5 sauteed shrimp \$7

**Spaghetti Mediterranean** \$14  
olives, mushrooms, tomato, feta cheese, white wine sauce  
meatballs \$4 sauteed chicken \$5 sauteed shrimp \$7

**Penne ala Vodka** \$14  
tomato, garlic, vodka blush sauce  
meatballs \$4 sauteed chicken \$5 sauteed shrimp \$7

**Pesto Tortellini** \$14  
zucchini, mushrooms, roasted peppers, spinach,  
pesto, white wine sauce  
meatballs \$4 sauteed chicken \$5 sauteed shrimp \$7

**Chicken Parmesan** \$18  
breaded chicken cutlets, marinara sauce, provolone cheese  
served with spaghetti

**Eggplant Parmesan** \$15  
breaded eggplant, marinara sauce, provolone cheese  
served with spaghetti

## baked seafood

*served with soup or salad(house, greek, caesar) and two vegetables  
seasoned with salt, peppers, fresh thyme, olive oil, lemon*

**Fillet of Flounder** \$20

**Jumbo Shrimp** \$19

**Fillet of Salmon** \$23

**Fillet of Cod** \$20

**Mahi Mahi** \$20

## fried seafood

*served with soup or salad(house, greek, caesar) and two vegetables  
golden brown with lemon wedge, cocktail or tartar sauce*

**Fillet of Flounder** \$20

**Jumbo Shrimp** \$19

**Fried Crab Cakes** \$27

**Fish and Chips** \$20 (complete)  
beer battered cod served with french fries, cole slaw, onion rings

**Fried Trio** \$26 crabcake, shrimp, and flounder

## homemade crab cakes

*served with soup or salad(house, greek, caesar) and two vegetables  
topped with lobster sauce*

**Homemade Jumbo Lump Crab Cakes** \$27  
baked, topped with lobster sauce

**Stuffed Salmon** \$28  
baked fillet of salmon stuffed with our crabmeat

**Stuffed Flounder** \$26  
baked fillet of flounder stuffed with our crabmeat

**Baked Stuffed Trio** \$28  
baked mushrooms, shrimp and flounder stuffed with our crabmeat

## sides \$4

garlic smashed potato, rice pilaf, french fries, baked potato,  
baked sweet potato, corn, string beans, broccoli, roasted mixed veggies, apple sauce,  
cole slaw, seasoned beets

## flatbreads

**Margherita** \$10 pesto, tomato, fresh mozzarella, spinach

**BBQ Chicken** \$11 chicken, bbq sauce, red onion, cheddar cheese

**Mediterranean** \$12 olives, tomato, feta cheese, arugula, lemon vinaigrette

## quesadillas

*grilled jalapenos, onions, tomato, cheddar cheese, grilled tortilla served with salsa, guacamole, sour cream*

**Grilled Chicken Quesadilla** \$13

**Sliced Steak Quesadilla** \$14

**Bang Bang Shrimp Quesadilla** \$16  
breaded shrimp with chipotle sauce

## panini sandwiches

*served on pressed ciabatta bread, side of pickle, choice of french fries, cole slaw, fruit, sweet potato fries \$1, onion rings \$2 or side salad \$2*

**Chicken Caprese** \$13 grilled chicken, spinach, fresh mozzarella, tomato, pesto

**Balsamic Chicken** \$13 crispy chicken, tomato, arugula, provolone cheese, balsamic glaze

**Turkey Avocado** \$13 turkey, bacon, avocado, crumbled blue cheese, chipotle sauce

**Grilled Vegetable** \$14 grilled zucchini, mushroom, roasted peppers, tomato, fresh mozzarella, pesto

## specialty sandwiches

*choice of french fries, coleslaw, fruit, sweet potato fries \$1, onion rings \$2 or side salad \$2*

**Crab Cake Sandwich** \$18 baked, served on a brioche bun with lettuce and tomato, topped with lobster sauce

**Classic Reuben** \$15 choice of corn beef or pastrami on grilled rye with swiss cheese, sauerkraut, russian dressing, side pickle

**B.L.T Sandwich** \$11 bacon, lettuce, tomato, mayo, choice of bread

**Open Face Turkey Sandwich** \$14 sliced turkey breast served on bread with stuffing and topped with turkey gravy, cranberry sauce

**Turkey Club** \$14 roast turkey, lettuce, tomatoes, bacon, mayo, choice of bread

**New York Grilled Sandwich** \$14 choice of corn beef or pastrami piled high on grilled rye

**Urban Steak Sandwich** \$15 grilled sliced steak, onions, peppers, mushrooms, provolone, bourbon sauce, ciabatta

**Flounder Sandwich** \$15 fried served on a brioche roll with lettuce and tomato, side pickle

**Chicken Parm** \$13 chicken cutlets, marinara sauce, provolone cheese on ciabatta, side pickle

**French Dip** \$14 tender beef brisket, swiss cheese served with au jus on ciabatta, side pickle

**Grilled Four Cheese Sandwich** \$12  
grilled white bread with american, provolone, cheddar, swiss cheese

**Greek Gyro** \$13  
choice of chicken breast or lamb slices, tomato, onion, tzatziki sauce on pita bread, side pickle

## breakfast

### make your own omelette

*made with 3 eggs, homefries and toast (Sub egg whites \$1)  
substitute home fries with fresh fruit or sliced tomato*

**Egg Omelette** \$7

**Meats:** sausage \$1, bacon \$1, ham \$1, turkey bacon \$2, smoked salmon \$4, chorizo sausage \$2, turkey \$2, gyro meat \$3, chicken breast \$3, turkey sausage \$2

**Vegetables:** onion \$.75, green peppers \$.75, broccoli \$1, spinach \$1, avocado \$3, mushrooms \$1, tomato \$.75, roasted peppers \$1, olives \$.75, jalapenos \$1, salsa \$.75

**Cheese:** american cheese \$1, swiss cheese \$1, provolone cheese \$1, feta cheese \$2, cheddar cheese \$1, fresh mozzarella \$2

**Sweet Cream Cheese Stuffed French Toast** \$13  
2 french toast stuffed with strawberries, blueberries, bananas, walnuts, sweet cream cheese

**Chicken and Waffles** \$14  
belgium waffle, hand breaded chicken tenders, warm syrup, butter

**Nutella Stuffed Pancakes** \$13  
2 chocolate chip pancakes stuffed with bananas and nutella

## chicken sandwiches

*grilled marinated chicken breast lettuce, tomato, side pickle served on a brioche roll  
choice of french fries, coleslaw, fruit, sweet potato fries \$1, onion rings \$2 or side salad \$2*

**Buffalo Chicken** \$12  
crispy chicken tossed in buffalo sauce side blue cheese dressing

**BBQ Chicken** \$13  
bacon, BBQ, cheddar cheese, fried onion strings

**Mediterranean Chicken** \$13  
fresh mozzarella, roasted peppers, pesto

## burgers

*grilled 8 oz burger ground in our kitchen, lettuce, tomato side pickle, served on a brioche roll  
choice of french fries, coleslaw, fruit, sweet potato fries \$1, onion rings \$2 or side salad \$2  
(sub for a Vegetable Burger \$2)*

**American Burger** \$13  
bacon, fried onion strings, american cheese

**Mushroom Burger** \$13  
sauteed mushrooms and onions, swiss cheese

**French Onion Chicken** \$13  
sauteed mushrooms and onions, provolone, balsamic glaze

**California Chicken** \$14  
avocado, swiss cheese

**Traditional Cheese Burger** \$12

**Avocado Burger** \$14  
avocado, crumbled blue cheese

## beverages

### coffee

**Endless cup of regular coffee** \$2.25

**Endless cup of decaf coffee** \$2.25

**Endless glass of Iced Coffee** \$3.25

### tea

**Endless Cup of hot tea or herbal tea** \$2.25

**Endless Glass of freshly brewed iced tea** \$3.25

### hot chocolate

**Hot chocolate with marshmallows & whipped cream** \$3

### squeezed

**Freshly squeezed orange juice 12oz** \$4

**Freshly squeezed grapefruit juice 12oz** \$4

**Freshly squeezed lemonade** (free refills) \$4

### milk

**Regular milk 12oz** \$2.5

**Chocolate milk 12oz** \$2.5

### juice

**Apple juice 12oz** \$2.75

**Cranberry juice 12oz** \$2.75

### stubborn sugar cane soda

(free refills) \$3.25

**cola, black cherry, root beer, agave vanilla cream**

**soda** (free refills) \$3.25

**diet pepsi, sierra mist, ginger ale, club soda**

**Arnold Palmer** (free refills) \$4  
ice tea and freshly squeezed lemonade

**Shirley Temple** (free refills) \$3.25  
lemon lime soda, grenadine

### water

**Bottle of spring water** \$4

**Bottle of sparkling mineral water** \$4

## shakes and smoothies

**Strawberry Banana Smoothie** \$7  
strawberries, banana, blended with greek yogurt

**Wild Berry Smoothie** \$7  
strawberries, blueberries, banana, freshly squeezed orange juice, blended with ice

**Pineapple Berry Smoothie** \$7  
pineapples, blueberries, strawberries, freshly squeezed orange juice, blended with ice

**Banana Peanut Butter Smoothie** \$7  
banana, honey, peanut butter, almond milk blended with ice

**Traditional Thick Milkshake** \$7  
choice of vanilla, chocolate, strawberry or black and white

**Oreo Milkshake** \$8  
vanilla ice cream, oreo cookies, chocolate syrup

**M&M Milkshake** \$8  
chocolate ice cream, M&M's, chocolate syrup

**PB&J Milkshake** \$8  
vanilla ice cream, peanut butter, strawberries & blueberries

**Chocolate Banana Nutella Milkshake** \$8  
chocolate ice cream, banana, nutella, chocolate syrup

**Root beer Float** \$7  
vanilla or chocolate ice cream topped with root beer