

LUNCH MENU

SALADS & SOUPS

MIKE'S PEAR SALAD organic mixed greens, d'anjou pear, dried cranberries, gorgonzola, candied walnuts, raspberry vinaigrette	12
TRADITIONAL CAESAR SALAD WITH FREE RANGE CHICKEN OR BAY SHRIMP hearts of romaine, shaved parmesan cheese, Caesar dressing, croutons	12
SPINACH SALAD baby spinach, avocado, pine nuts, jicama, warm goat cheese, creamy sage dressing	12
COBB SALAD hearts of romaine, free range chicken, applewood bacon, avocado, gorgonzola, sliced hard cooked egg, vine ripe tomato, house vinaigrette	12
GREEK SALAD organic mixed greens, red onion, roma tomato, kalamata olive, artichoke hearts, feta cheese, balsamic vinaigrette	12
10 SPICE WILD SALMON SALAD ten spice crusted salmon, organic baby spinach, scarborough frisee, arugula, chervil, roasted red pepper, fried caper berries, Sonoma goat cheese, sherry vinaigrette	14
THAI BEEF SALAD charred rare marinated skirt steak, herb organic greens mix, nappa cabbage, carrot, cucumber, bell pepper, crisp rice noodle, peanut vinaigrette	12
SHRIMP LOUIE hearts of romaine, bay shrimp, vine ripe tomato, avocado, Louie dressing	12
CHINESE CHICKEN SALAD grilled free range chicken, herb organic greens mix, nappa cabbage, carrot, celery, bell pepper, crisp rice noodle, peanuts, sesame soy vinaigrette	12
SALAD NICOISE seared rare Ahi tuna, organic mixed greens, red potato, kalamata olives, blue lake beans, slice hard cooked egg, house vinaigrette	13
STUFFED AVOCADO SALAD choice of albacore tuna or bay shrimp salad, organic mixed greens, house vinaigrette	13
DAILY SOUP	cup 4 / bowl 6
SOUP & SALAD bowl of soup & half Mike's pear salad or Caesar salad	10

SANDWICHES

served with a choice of French fries or fresh fruit

ALBACORE TUNA SALAD OR BAY SHRIMP SALAD house made tuna salad or bay shrimp salad leaf lettuce, vine ripe tomato, wheat or sourdough	10
ROAST TURKEY CRANBERRY roasted turkey, cranberry, lowfat cream cheese	10
APPLEWOOD B.L.T. applewood bacon, vine ripe tomato, leaf lettuce, red pepper aioli, toasted whole wheat or sourdough add . . . avocado	10 12
MIKES BIG CLUB Norbest roasted turkey, applewood bacon, leaf lettuce, vine ripe tomato, 3 slices toasted bread, choice of wheat or sourdough	11
ROAST TURKEY roasted turkey, vine ripe tomato, leaf lettuce, mayonnaise	10
CAPRESE vine ripened tomato, buffalo mozzarella, basil, arugula, balsamic vinegar, ciabatta roll	10

GRILLED SANDWICHES

ALBACORE TUNA MELT house made tuna salad, cheddar, jack or gruyere, tomato slices wheat or sourdough	10
SEARED AHI leaf lettuce, vine ripe tomato, red onion, soy ginger aioli	11
CRAB house made crab salad, hydroponic watercress, Monterey jack, ciabatta roll	12
PORTOBELLO MUSHROOM fresh mozzarella, caramelized onion, vine ripe tomato, arugula, basil pesto, ciabatta roll	11
BLACK FOREST HAM & GRUYERE vine ripe tomato, Dijon aioli	11
CHIPOTLE CHICKEN grilled free range chicken, avocado, leaf lettuce, vine ripe tomato, jack, chipotle aioli, ciabatta roll	11
FRENCH DIP fresh sliced roast beef, ciabatta roll, au jus dip	11
PHILLY CHEESE STEAK house roasted beef, grilled onions, Monterey jack cheese	11
CAFE BURGER ground chuck burger, leaf lettuce, vine ripe tomato, red onion, sesame bun substitute Garden Burger	10
add fixin's . . . cheddar, swiss, jack, gorgonzola, provolone	11
applewood bacon or avocado	12

over for pasta, entrées & beverages

PASTA

5 CHEESE BAKED SHELLS cheddar, american, mozzarella, gruyere, parmesan, cream roasted walnut Italian bread crust	12
SAUSAGE PENNE AL FORNO Italian sausage, roasted garlic, caramelized onion, roma tomato, herbs, marinara, fresh mozzarella, parmesan, Italian bread crust, oven baked	12
3 CHEESE TORTELLONI roasted garlic, caramelized onion, roma tomato, basil, marinara sauce, Sonoma goat cheese	12
TORTELLONI CARBONARA chicken & prosciutto, pancetta, peas, basil, cream sauce	12
PORCINI MUSHROOM & THYME RAVIOLI grilled free range chicken, red onion, prosciutto, roma tomato, mushroom, sherry sage cream	12
SPINACH & RICOTTA RAVIOLI fresh roma tomatoes, garlic, marinara sauce	12
ABSOLUTE SALMON FETTUCINE red onion, peas, roma tomato, spinach, chives, vodka cream sauce, crème fraiche	14
TIGER PRAWN LINGUINE olive oil, garlic, herbs, chardonnay, sweet butter	14
LINGUINE VONGOLE olive oil, garlic, herbs, chardonnay, lemon, sweet butter	12
SPAGHETTI traditional house made marinara, Italian sausage	12
ANGEL HAIR POMODORO olive oil, garlic, fresh basil, fresh roma tomatoes	12
FREE RANGE CHICKEN AND BROCCOLI PENNE olive oil, garlic, sundried tomato, chardonnay, sweet butter, pecorino cheese	12
GREEK STYLE PENNE olive oil, garlic, red onion, capers, kalamata olives, artichoke hearts, fresh basil, roma tomato, feta cheese	12
HOUSE MADE ITALIAN SAUSAGE LASAGNE ricotta, provolone, parmesan, light cream marinara	12

ENTRÉES

CLASSIC FISH & CHIPS panko crust, tartar sauce, French fries	12
PAN SEARED WILD SALMON chardonnay buerre blanc, wild rice pilaf, seasonal vegetables	16
PETRALE SOLE DORE citrus buerre blanc, wild rice pilaf, seasonal vegetables	16
FREE RANGE CHICKEN PICATTA paillard of chicken breast, lemon, capers, garlic, chardonnay, sweet butter, wild rice pilaf, seasonal vegetables	15
VEAL PICATTA lemon, capers, garlic, chardonnay, sweet butter, wild rice pilaf, seasonal vegetables	16
CHICKEN MARSALA boneless chicken breast, artichoke hearts, mushrooms, sun-dried tomatoes	17
CHAR GRILLED MARINATED SKIRT STEAK soy ginger garlic marinade, crisp onion rings, bistro fries, seasonal vegetables	16
NY STEAK FRIT grilled Angus beef, choice of sauteed mushrooms or green peppercorn sauce	17
EGGPLANT PARMESAN baked eggplant, provolone, parmesan, light cream marinara	12
SPINACH QUICHE W/ ORGANIC MIXED GREEN SALAD roasted mild pasilla pepper, gruyere, Mike's pear salad	10

BEVERAGES

Fresh Squeezed Orange Juice or Grapefruit Juice	sm 2 ⁵⁰ lg 4 ⁰⁰
Cranberry, Apple or Tomato Juice	sm 2 ⁰⁰ lg 3 ⁰⁰
Milk, Iced Tea, Lemonade, Coke, Diet Coke, Sprite, Root Beer, Giner Ale	2 ²⁵
Strawberry or Raspberry Torani Italian Sodas	3 ⁵⁰
Organic French Roast Coffee	2 ⁵⁰
Organic Numi Teas (caffeinated & non-caffeinated herbal selection)	2 ⁵⁰

Espresso 2²⁵, Cappuccino 3⁰⁰, Latte 3⁵⁰, Mocha 4⁰⁰, Hot Chocolate 3⁵⁰
(double shot add 1)