

lunch MENU

Soup & Salad

Soup du Jour

Cup 3.5 • Bowl 4.5

*Seared Ahi Tuna**

sesame crusted with tamari soy sauce
pickled ginger and wasabi 16.5

Wedge Salad

iceberg lettuce topped with fresh tomato, crumbled
bleu cheese, bacon and parmesan dressing 5

Caesar Salad

served in a crisp parmesan basket with
marinated tomatoes 5.5

Seasonal Fruit Salad

assortment of fresh fruits 3.5

*Edamame**

fresh organic soybeans steamed
and tossed with sea salt 5.5

House Salad

seasonal greens with mozzarella, kalamata olives
fresh tomato, cucumber and choice of dressing 5.5

Chop Salad

lettuce, bacon, tomatoes, hearts of palm, bleu cheese
crispy shallots, avocado and parmesan dressing 7.5

Entrée Salads

*Rockwell Salad**

grilled chicken breast, seasonal greens, roasted tomatoes,
crumbled bleu cheese apples, spiced walnuts, oranges
and port wine vinaigrette 13.5

Miller Salad

shrimp, sea legs, toasted almonds, herb croutons,
seasonal greens, and creamy garlic dressing
12.5 (*substitute: jumbo lump crab for sea legs 22*)

Quiche Lorrain

swiss cheese, shallots and apple smoked bacon
served with seasonal greens and grilled asparagus 10.5

Black & Bleu Salad

grilled sirloin on field greens with crumbled gorgonzola,
dried cherries, toasted almonds and sliced avocado
with raspberry vinaigrette 16.5

*Wild King Salmon Salad**

pan roasted salmon on fresh spinach, and arugula
with toasted almonds, avocado, marinated tomatoes
goat cheese, and raspberry vinaigrette 18

Sesame Crusted Ahi Tuna

served over orzo feta salad with seasonal greens,
fried wonton crisp and sesame-plum vinaigrette 16.5

**Denotes Gluten Free Item*

Sandwiches

All Sandwiches served with your choice of side

*Gluten Free Breads Available

Traditional Club Sandwich

ham, roasted turkey, bacon, lettuce and tomato served on your choice of bread or toast 9.5

Santa Fe Turkey Wrap

sliced turkey breast, bacon, avocado, tomato, provolone cheese and chipotle aioli wrapped in sundried tomato tortilla 10.5

Italian Beef Tenderloin Sandwich

thinly shaved tenderloin of beef served on a toasted baguette, with house giardiniera, arugula, and roasted garlic & rosemary aioli 16

Homemade Fried Chicken Sliders

two buttermilk chicken breasts served on mini buns with chipotle sauce, lettuce, tomato, and pickle 9.5

Roasted Beet Sliders

two beet sliders with jack cheese, fennel slaw and cilantro garlic aioli served on warm brioche 9

Soup & Sandwich Combo

cup of today's soup with choice of half tuna salad, chicken salad or egg salad sandwich 8.5

Chicken Avocado Club

grilled chicken breast topped with avocado, apple smoked bacon, tomato, swiss cheese and herbal mayonnaise 10.5

Blackened Grouper Sandwich

fresh grouper fillet topped with house slaw fresh guacamole, and grilled pineapple, served on a toasted kaiser roll 16.

Reuben Sandwich

house cooked corned beef with sauerkraut, baby swiss and russian dressing served on toasted rye 12.5

Grilled Black Angus Burger

1/2 lb black angus ground beef patty served with lettuce, tomato, onion, and pickle 9.5

Sides

French fries • sweet potato fries • onion rings • potato chips • coleslaw • potato salad 2.5

Seasonal fresh fruit cup 3.5

**Denotes Gluten Free Item*