

Daily Quick Lunch

11 a.m. to 2 p.m.

\$6 Lunch Specials

1/2 Sandwich & Soup

Homemade cup of soup paired with ham or turkey sandwich, white or wheat bread.

Make it a full sandwich for \$1 more

Soup & Salad

Homemade cup of soup and our house salad, served with a fresh baked dinner roll

BLT & Chips

Smoked thick-cut bacon served with lettuce, tomato & mayo on choice of white or wheat, chips & pickle slices

Spaghetti

A smaller lunch portion of spaghetti noodles topped with our own secret olde world sauce, a hand-rolled meatball and fresh-baked dinner roll

Fettuccini Alfredo

Smaller lunch portion al dente fettuccini noodles in our own made-from-scratch rich alfredo sauce and fresh baked dinner roll

\$7 Lunch Specials

Chicken Tenderloins & Fries

Two chicken tenderloins, served with steakhouse fries and coleslaw

Egg Rolls & Fries NEW

Three egg rolls with sweet and sour sauce, steakhouse fries and coleslaw

Ham & Swiss Melt

Our fresh baked, hand-carved ham, layered with swiss cheese on a toasted rustic roll, served with chips and pickle slices

\$8 Lunch Specials

Crispy Chicken Salad ~ \$8 NEW

Smaller house salad topped with two crispy chicken tenderloins, choice of dressing & fresh-baked dinner roll

Turkey Bacon Melt

Hand-carved, slow roasted turkey breast, smoked bacon and provolone cheese piled on a toasted rustic roll, served with chips and pickle slices

Hot Meatloaf Sandwich

Hot meatloaf sandwich served open face, on your choice of wheat or white bread, smothered with gravy, served with coleslaw

Healthy Choice Options

Trader Bob's Salad ~ \$8 NEW

Boneless tender-grilled chicken breast on top of a smaller house garden salad and fresh dinner roll

232 calories with balsamic dressing and no roll

Black Bean Veggie Burger ~ \$8.99 NEW

Grilled and served on our favorite egg bun with lettuce, chips & pickle wedge

233 calories without chips

Adult Grilled Cheese ~ \$6.95

Grilled wheat bread with both provolone & American cheese with a layer of tomato, spinach and avocado, served with chips

290 calories without chips

Sweet & Spicy Chicken Filet ~ \$9.29 NEW

Chicken breast and pineapple both golden-grilled, topped with pepperjack cheese, fresh spinach and sweet and spicy sauce, served on our favorite egg bun with chips

325 calories without chips

Balsamic Chicken Wrap ~ \$8.99 NEW

Grilled chicken with spinach, tomato, onion, avocado with balsamic dressing wrapped in a spinach wrap, served with chips

390 calories without chips

Chicken Berry Wrap ~ \$8.99 NEW

Grilled chicken with almonds, cucumbers, strawberries and lettuce with mango dressing, in a tomato basil wrap, served with chips

400 calories without chips

Asian Salad ~ \$9 NEW

Grilled chicken, mandarin oranges, slivered almonds, crunchy noodles, on a larger bed of lettuce & our Sesame dressing

409 calories without dressing & roll

POB (Plain Old Burger) ~ \$7.99

Our burgers are hand-formed, grilled and served on our favorite egg bun with chips & pickle wedge

593 calories without chips

Substitute fruit or cottage cheese for chips or add to any meal for .99¢



Sweet & Spicy Chicken Filet with fruit & Berry Cosmo Martini
423 calories total meal

Try One of these using Sorbet Low Calorie Smirnoff Sorbet Light Vodkas

All are 78 calories per serving

Mango Magic

Light Mango Passion Fruit Vodka, Cranberry Juice, Pineapple Juice & Splash of Sprite

Berry Cosmo Martini

Light Raspberry Pomegranate Vodka, Cranberry Juice, Lime Juice topped with Club Soda

ADULT Lemonade Stand:

Mango Passion Fruit

Light Mango Passion Fruit Vodka & Lemonade

Raspberry Pomegranate

Light Raspberry Pomegranate Vodka & Lemonade

Low Calorie Bottle Beers:

Bud Select 55 ~ 55 calories

Michelob Ultra ~ 96 calories

Miller Lite ~ 96 calories

Coors Light ~ 102 calories

Corona Light ~ 109 calories

Bud Light ~ 110 calories

Bud Light Lime ~ 110 calories

Michelob Golden Light Draft ~ 110 calories

Low Calorie Draft:

16oz Michelob Golden Light ~ 146 calories