

# 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