



THIS & THAT

Pick 2 items below

- Cup of soup
- ½ Wrap or Sandwich of the day
- House or Traditional Caesar salad 7.90

SOUPS

Soup of The Day – 3.95
House Soup – house made tomato bisque 3.95

SALADS

Bowed House Salad – baby spring mix, candied pecans, dried cranberries, blue cheese crumbles, raspberry vinaigrette 5.50

Side House Salad – 3.25

Char-Grilled Caesar - char-grilled romaine wedge with creamy lemon-garlic dressing, parmesan tuille, roasted red peppers & herbed crostini 6.75

Traditional Caesar - crisp cut romaine hearts with creamy lemon-garlic dressing, herbed croutons & parmesan cheese 6.50
add grilled chicken 2.50

Side Caesar Salad – 3.50

Caprese Salad - grape tomatoes, bocconcini mozzarella & fresh basil tossed with our house made balsamic vinaigrette over baby spring mix 8.50
add breaded chicken breast 2.50

Panzanella - vine ripe tomato, grilled red onion, cucumber, rosemary foccaccia, spring mix & fresh basil served with balsamic vinaigrette 6.75

Chopped Cobb - romaine & iceberg lettuce with hard boiled egg, blue cheese crumbles, avocado, smoked turkey, apple wood cured bacon, California ripe olives, cool cucumber, grape tomatoes, served with house made blue cheese or buttermilk ranch dressing 9.00

WRAPS

Served with a side of our Mediterranean pasta salad

BLT&T- smoked turkey breast, crispy bacon, lettuce & tomato with herbed mayonnaise 7.25

Grilled Chicken Caesar- grilled chicken, crisp romaine lettuce, parmesan cheese, tomato, creamy lemon-garlic Caesar dressing 7.25

Beef Fajita- grilled strips of beef tenderloin, sautéed with char-grilled peppers & onions, shredded lettuce, fajita seasonings, Mexican four cheese, chipotle mayonnaise 7.75

Thanksgiving Wrap- roasted turkey breast, traditional sage stuffing & cranberry compote 7.50

Philly Beef Steak- sautéed thinly sliced beef with onions & peppers, mushrooms with cheddar cheese sauce 7.75

Chicken Caprese- lightly breaded Italian style chicken with fresh tomato, basil & melted fresh mozzarella cheese 7.95

SANDWICHES

Served with a side of our Mediterranean pasta salad

Greek Style Chicken Salad - grilled chicken breast, cucumber, calamata olives, red onions, beets & feta cheese, lightly tossed with Greek dressing served with spring mix and warm flat bread 6.95

Bowed Grilled Cheese- our blend of four cheeses (cheddar, provolone, muenster, american) on griddled sour dough bread 6.50
add tomato 1.00
add bacon 1.50

Bowed Meatloaf- traditional style with melted provolone, grilled red onions, roasted garlic mayonnaise, baby spring mix lettuce on rosemary foccaccia bread 7.25

Smoked Turkey & Cheddar - smoked turkey, white cheddar, basil-pesto mayonnaise, vine ripe tomato, spring mix, on rosemary foccaccia 7.25

California Grilled Chicken Breast- marinated and grilled chicken breast with sun dried tomato pesto, sliced avocado, apple wood smoked bacon, tomato, crisp lettuce on sour dough bread 7.95

Bowed Burger - 8oz. certified Angus beef, apple-wood smoked bacon, grilled red sweet onions, and chipotle cheddar cheese sauce on toasted Kaiser bun 7.25

BOWLS

Cioppino Bowl - mussels, clams, baby gulf shrimp, calamari, mahi-mahi simmered in our light saffron tomato-fennel broth served over soft polenta, with roasted sweet corn & herbed crostini 9.95

Asian Bowl - soy & ginger glazed Asian vegetables over lime and coconut infused jasmine rice served with our orange-cashew shrimp 8.95

Fajita Bowl - tender shredded chicken breast simmered in spicy tomato sauce with char-grilled peppers & onions, black beans, served over Mexican rice with warm flour tortillas 8.95

Spicy Thai Beef Bowl - grilled flank steak with stir fried vegetables in spicy coconut red curry sauce served over rice noodles 8.95

Chicken Piccata Bowl - sautéed chicken breast with lemon, capers, tomato, basil & white wine butter sauce served over orzo pasta 8.95

Vegan Bowl - sautéed seasonal vegetables stewed in a rich vegetable-basil broth served over rice noodles 7.95

PASTA

Mex-Italian Lasagna - ground beef seasoned with southwestern spices, layered with Mexican cheeses & pasta sheets with asiago-chipotle cream 8.00

Pad Thai - Asian rice noodles tossed with garlic, ginger, soy, tofu, bean sprouts, snap peas & egg, topped with peanuts, cilantro and lime 8.50
add grilled chicken 2.50
add gulf shrimp 3.50

Chicken & Portobello Cannelloni - grilled chicken and portobello mushrooms blended with seven cheeses & fresh herbs stuffed in pasta and baked, topped with roasted garlic cream & fire roasted plum tomato sauce 8.50

Penne Ala Vodka - diced chicken breast tossed with penne pasta, fresh tomato, garlic, in a light tomato basil cream sauce 8.50
sub gulf shrimp 3.00

SIDES

Sweet Potato Chips 3.50
Mediterranean Pasta Salad 2.50
French Fries 2.50
Onion Rings 3.50

BEVERAGES

Pepsi, Diet Pepsi, Dr. Pepper, Mountain Dew, Sierra Mist, Lemonade, Ice Tea, 1.99
Blueberry Lemonade 2.49

★ ASK YOUR SERVER FOR OUR BEER AND WINE LIST





SOUPS & STARTERS

Soup of The Day - 3.95

House Soup – house made tomato bisque 3.95

Side House Salad 3.25

Side Caesar Salad 3.50

Portobello in Phyllo - grilled and marinated portobello mushroom wrapped in phyllo dough and baked to golden brown served with boursin cheese sauce 7.50

Crab Cakes - jumbo lump crab meat lightly breaded and sautéed, served with roasted yellow pepper remoulade 8.50

Hummus Trio - roasted garlic white bean, herb & lemon chick pea, and toasted cumin black bean hummus, served with warm flat bread 8.50

Calamari Fritte - lightly breaded and fried tender calamari with your choice of chipotle aioli or sweet chile dipping sauce 8.50

Orange-Cashew Crusted Shrimp – generously dusted with our unique orange-cashew crusting and lightly fried, served with sweet chile aioli 8.75

SALADS

Bowled House Salad – baby spring mix, candied pecans, dried cranberries, blue cheese crumbles, raspberry vinaigrette 5.50

Char-Grilled Caesar - char-grilled romaine wedge with creamy lemon-garlic dressing, parmesan tuille, roasted red peppers & herbed crostini 6.75

Traditional Caesar - crisp cut romaine hearts with creamy lemon-garlic dressing, herb croutons & parmesan cheese 6.50
add grilled chicken 2.50

Caprese Salad - grape tomatoes, bocconcinni mozzarella & fresh basil tossed with our house made balsamic vinaigrette over baby spring mix 8.50
add breaded chicken breast 2.00

Panzanella - vine ripe tomato, grilled red onion, cucumber, rosemary foccaccia, spring mix & fresh basil served with balsamic vinaigrette 6.75

Chopped Cobb - romaine & ice berg lettuce with hard boiled egg, blue cheese crumble, avocado, smoked turkey, apple wood cured bacon, California ripe olives, cool cucumber, grape tomatoes, served with house made blue cheese or buttermilk ranch dressing 11.00

BOWLS

Cioppino Bowl - mussels, clams, baby gulf shrimp, calamari, mahi-mahi simmered in our light saffron tomato-fennel broth served over soft polenta, with roasted sweet corn & herbed crostini 14.95

Asian Bowl - soy & ginger glazed Asian vegetables over lime and coconut infused jasmine rice served with our orange-cashew shrimp 13.95

Fajita Bowl - tender shredded chicken breast simmered in spicy tomato sauce with char-grilled peppers & onions, black beans, served over Mexican rice with warm flour tortillas 11.95

Spicy Thai Beef Bowl - grilled flank steak with stir fried vegetables in spicy coconut red curry sauce served over rice noodles 12.95

Chicken Piccata Bowl - sautéed chicken breast with lemon, capers, tomato, basil & white wine butter sauce served over orzo pasta 12.95

Vegan Bowl - sautéed seasonal vegetables stewed in a rich vegetable-basil broth served over rice noodles 11.95

PASTA

Chicken & Portobello Cannelloni - grilled chicken and portobello mushrooms blended with seven cheeses & fresh herbs stuffed in pasta and baked, topped with roasted garlic cream & fire roasted plum tomato sauce 11.95

Pad Thai - asian rice noodles tossed with garlic, ginger, soy, tofu, bean sprouts, snap peas & egg, topped with peanuts, cilantro and lime 10.95
add grilled chicken 2.50
add gulf shrimp 3.50

Mex-Italian Lasagna - ground beef seasoned with southwestern spices layered with Mexican cheeses & pasta sheets topped with asiago-chipotle cream sauce 12.95

Grilled Vegetable Penne - seasonal grilled vegetables tossed with penne pasta, fresh herbs and roasted garlic cream sauce 11.95

Bowled Diablo - mussels, clams, gulf shrimp, calamari, & mahi-mahi sautéed & tossed with spicy tomato basil sauce over linguine pasta 14.95

Farfalle Bolognese - bowtie pasta tossed with our homemade meat sauce with rosemary & parmesan cheese 11.50

Grilled Salmon Pasta - grilled atlantic salmon tossed with asparagus tips, dill, penne pasta in a light roasted shallot cream sauce 13.50

Penne Ala Vodka - diced chicken breast tossed with penne pasta, fresh tomato, garlic, in a light tomato basil cream sauce 11.95
sub gulf shrimp 3.00

ENTREES

Roasted Airline Chicken - roasted chicken breast with sweet Italian sausage stuffing served with sautéed spinach, scallion mashed potatoes, & roasted vegetable demi-glaze 15.95

Pan Seared Atlantic Salmon - with seasonal vegetables, garlic mashed potatoes, and a chardonnay dill cream sauce 16.95

Barolo Braised Beef Short Ribs - slowly braised in barolo wine served with caramelized carrots and shallots over creamy gorgonzola polenta 16.95

Sesame Tuna - seared sesame crusted ahi-tuna with Asian vegetables, coconut jasmine rice, wakame salad, ponzu & wasabi 16.25

Bowled Meatloaf - chipotle bbq glazed meat loaf with scallion mashed potatoes, sweet peas & carrots and crispy onions 14.95

Traditional Style Meatloaf - with rich brown mushroom gravy, scallion mashed potatoes, sweet peas & carrots and crispy onions 14.95

Mixed Grill Surf And Turf - grilled Atlantic salmon, gulf shrimp, petite filet with seasonal vegetables and garlic mashed potatoes 17.95

Filet Mignon - grilled 6oz. beef filet topped with gorgonzola & caramelized onions and Barolo demi-glaze, scallion mashed potatoes and seasonal vegetables 17.95

DESSERT

Crème Brulee 6.00

Aunt Sue's Famous Peach Cobbler 4.75

A la mode 1.00

Dark Chocolate Flourless Torte 6.00

White Chocolate Cheesecake with Sweetened Walnut Crust 6.25

Assorted Gelato 5.25

BEVERAGES

Pepsi, Diet Pepsi, Dr. Pepper, Mountain Dew, Sierra Mist, Lemonade, Ice Tea, 1.99
Blueberry Lemonade 2.49

★ ASK YOUR SERVER FOR OUR BEER AND WINE LIST