



Lunch Menu

SOUPS & SALADS

Roasted Tomato Soup
5.95

Soup of the Day
4.95

Cobb Salad

Turkey, cheddar cheese, egg, avocado, tomato, apples, and bacon - 9.95

Tropical Fruit Plate

Plateau of watermelon with tropical fruits, banana and berries and a key lime anglaise - 10.95

Caesar Salad

Tossed on warm parmesan garlic flat bread - 9.95

Greek Salad

Starts with marinated cucumber, feta cheese, tomato, calamata olives, Romaine and a fresh oregano vinaigrette - 9.95

Waldorf Salad

Apples, celery, raisins and walnuts served on a bed of lettuce - 8.95

FROM OUR BRICK OVEN KITCHEN

All entrées include Tropics salad

Seared Yellowfin Tuna

Asian rice noodle salad and crispy wontons - 11.95

Mediterranean Baked Grouper

Baked in a rich tomato, pepper, olive and artichoke sauce - 15.95

Open Herbed Ravioli

Low-fat Ricotta and Parmesan cheese, San Marzano tomatoes, and grilled asparagus - 11.95

Turkey Meatball with Cavapappi Pasta

Baked in San Marzano tomato sauce with our special cheese blend - 11.95

Au Gratin of Baked Chicken

White bean and herb ragoût finished with spinach and artichoke - 11.95

Chicken Quesadillas

Housemade whole wheat tortillas, filled with chicken, three cheeses, tomato and cilantro served with traditional accompaniments - 10.95

Baked Eggplant

In a San Marzano tomato sauce and a three cheese crust - 10.95

FRESHLY MADE DELI SANDWICHES

All sandwiches served with Tropics salad and sweet potato fries - 9.95

Roast turkey	Swiss	Shredded lettuce
Smoked ham	American	Tomato
Corned beef	Cheddar	Onion
Roast sliced chicken	Smoked gouda	Banana peppers
Applewood bacon	Aged white cheddar	Olive Salad
	Provolone	Italian vinaigrette
	Monterey Jack	Green peppers

SOUP, SALAD & SANDWICH

Cup of our housemade roasted tomato soup, Tropics salad, and grilled turkey, cheddar cheese, and tomato on petite whole wheat naan bread - 8.95

BRICK OVEN FLATS & SANDWICHES

*Flats feature our housemade San Marzano tomato sauce.
Sandwiches served with Tropics salad and housemade Margarita chips.*

Margherita

Traditional Italian favorite. Mozzarella cheese, basil and garlic - 9.95

Northern Italian

Capicola, our blend of cheeses and basil pesto - 10.95

Hawaiian

Ham, fresh pineapple and our blend of cheeses - 11.95

Calzone

Jerk chicken, ricotta and mozzarella cheese - 11.95

The B.M.T.

Fresh basil, Mozzarella and tomato - 9.95

Roast Chicken Philly

Grilled onions, peppers and Provolone cheese - 10.95

HOT SANDWICHES

Served with Tropics salad, sweet potato fries, on a kaiser roll

Saddleburger

Served with your choice of cheese - 9.95

Turkey Burger Milanese

Tomato sauce, mozzarella & parmesan cheese - 10.95

Turkey Burger

Lettuce and tomato on whole wheat toast - 9.95

Grouper Sandwich

*Tempura grouper, American cheese, tomato, caper mayonnaise
on grilled wheat bread - 14.95*