

# Salads

## Arcadian Salad

Arcadian Lettuce Blend, Cherry Tomatoes,  
English Cucumbers, Carrots, Choice of Dressing 5  
Large 8

## Caesar Salad

Romaine Lettuce, Robust Caesar Dressing,  
Parmesan Cheese, Focaccia Croutons 6  
Large 10

## Champion Salad

Lettuce Blend, Dried Cranberries, Spiced Pecans,  
Feta Cheese, Honey Balsamic Vinaigrette 6  
Large 12

## Baby Iceberg Wedge Salad

Blue Cheese Crumbles, Red Onions, Tomatoes,  
Smoked Bacon, Blue Cheese Dressing 6  
Large 12

## Chopped Fried Chicken Salad

Baby Iceberg, Smoked Bacon, Tomatoes, Avocado,  
Cheddar Cheese, Choice of Dressing 7  
Large 14

## Salad of Blackened Salmon and Fresh Spinach

Grape Tomatoes, Spiced Pecans, Blue Cheese Crumbles,  
Pear Vanilla Vinaigrette 16

## Fresh Avocado Salad Duo

Halved Avocado Stuffed with Tuna or Chicken Salad, Banana Bread,  
Choice of Lemon-Peach or Mandarin Orange Gelatin 14

## Add to Any Salad

|                           |    |                     |    |
|---------------------------|----|---------------------|----|
| Four Ounce Chicken Breast | 4  | Eight Ounce Chicken | 8  |
| Four Ounce Salmon Fillet  | 8  | Eight Ounce Salmon  | 14 |
| Six Grilled Shrimp        | 12 | Six Fried Shrimp    | 12 |

# Sandwiches

## Traditional Club Sandwich

Triple Decker, Black Forest Ham, Mesquite Turkey,  
Smoked Bacon, Swiss and Cheddar Cheese, Lettuce, Tomato,  
Mayonnaise on Your Choice of Bread 10

## New York Style Reuben

Shaved Corned Beef, Sauerkraut, Swiss Cheese,  
1000 Island on Rye Bread 14

## Muriel Chicken Sandwich

Lettuce, Tomato, Red Onion, Pickle, Swiss Cheese,  
Smoked Bacon, 1000 Island on Toasted Brioche Bun 12

## Cuban Sandwich

Honey Ham, Sliced Pork, Pickles, Mustard, Cuban Bun 14

## Grilled Hot Dog

Sweet Relish, Fresh Sauerkraut, Chopped Onions, Cheddar Cheese 6

## Pimento Cheese Sandwich

Choice of Bread 8

## Build Your Own Deli Sandwich

Full 10 Half 8

Half Sandwich and Cup of Soup 9

**Choose Your Bread:**

White, Sourdough, Whole Wheat, Multi-Grain, Rye

**Choose Your Meat:**

Black Forest Ham, Mesquite Turkey, Smoked Bacon

Tuna or Chicken Salad

**Choose Your Cheese:**

Swiss, Cheddar, American, Pepper Jack

**Choose Your Spread:**

Mayonnaise, Dijon Mustard, French's Mustard, Chipotle Mayo

Lettuce and Tomato Included

**All Sandwiches come with your choice of:**

House Made Potato Chips, French Fries, Sweet Potato Fries or Sliced Fresh Fruit

## Allen Brothers Prime Burgers

### Allen Brothers Prime Cheeseburger Sliders

Caramelized Onions, Smoked Bacon,  
American Cheese, French Fries 9

### Hickory Smoked Bacon Cheddar Burger

Lettuce, Tomato, Onion, Pickles 13

### The Classic

Lettuce, Tomato, Onion, Pickles 12

#### Each Additional Item:

Swiss, American, Cheddar, Pepper Jack, Hickory Smoked Bacon,  
Sautéed Mushrooms, Sautéed Onions, Pickled Jalapenos .50

### Ridgewood Patty Melt

Caramelized Onions, Swiss Cheese on Rye Bread 12

## Wraps

### Southwest Turkey Club Wrap

Jalapeño Cheddar Tortilla, Mesquite Turkey, Pepper Jack Cheese,  
Tomato, Avocado, Smoked Bacon, Lettuce, Chipotle Mayo, 10

### Blackened Chicken & Spinach Wrap

Whole Wheat Tortilla, Blackened Chicken, Spinach,  
Roasted Red Pepper, Feta Cheese, Balsamic Vinaigrette 10

## Tacos

### Blackened Shrimp Tacos

Jalapeño Slaw, limes, Queso Fresco on Corn Tortillas 12

### Chipotle Chicken Tostadas

Refried Beans, Lettuce, Tomato, Queso Fresco, Avocado, Salsa 8

### All Burgers and Wraps come with your choice of:

House Made Potato Chips, French Fries, Sweet Potato Fries or Sliced Fresh Fruit

# Lunch Entrées

## Southwest Quesadillas

Bell Peppers, Onions, Pepper Jack Cheese and Cheddar Cheese with a side of Sour Cream, Salsa, Pickled Jalapeños, Pico De Gallo 8  
Chicken 12 Beef 14

## Duo of Maryland Crab Cake and Three Fried Shrimp

Jalapeño Slaw and Spicy Remoulade 20

## Southwest Bowl

Corn, Black Beans, Mixed Peppers and Onions, Avocado  
Cheddar Cheese, Cilantro Lime Rice, Romaine Lettuce  
Chipotle Chicken 10 Chipotle Beef 12 Chipotle Shrimp 14

## Oriental Bowl

Snow Peas, Carrots, Jalapenos, Shiitake Mushrooms, Napa  
Cabbage, Celery, Red Bell Peppers, Jasmine Rice, Teriyaki Sauce  
Teriyaki Chicken 10 Teriyaki Beef 12 Teriyaki Shrimp 14

## Five Buttermilk Fried Chicken Tenders

Choice of Sweet Potato Fries, French Fries or Tater Tots  
Black Pepper Cream Gravy 9

Raw Food Disclaimer =-These items are cooked to order and may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

## Allen Brothers Lunch Chopped Steak

Sautéed Mushrooms, Caramelized Onions  
Whipped Potatoes, Green Beans 10

## Grilled Rainforest Tilapia

Grilled Rainforest Tilapia with Lemon Crown  
Choice of Two Sides 16

## Herb Marinated Grilled Chicken

Blackened Chicken upon Request  
Choice of Two Sides 10

## Cornmeal Fried Catfish

Horseradish Tomato Sauce, Tartar Sauce, Lemon Crown  
Choice of Two Sides 10

## Petite Seared Salmon

Blackened Salmon upon Request  
Choice of Two Sides 14

## Side Options

Broccoli, Asparagus, Green Beans, Whipped Potatoes,  
French Fries, Sweet Potato Fries, Baked Potato,  
Baked Sweet Potato

# Soup and Salad Bar

## Greens

Romaine, Spinach, Iceburg, Spring Mix

## Toppings

Beets, Cucumbers, Hard Boiled Eggs, Tomatoes, Red Onions, Olives,  
Cheddar Cheese, Parmesan Cheese, Artichokes, Pickled Jalapeno,

Garbanzo Beans, Croutons

## Dressings

Ranch, Honey Mustard, Italian, 1000 Island, Blue Cheese Dressing,

Poppy Seed Dressing

## Fruit, Cheese, and Crackers

## Tuesday

Chicken and Sausage Gumbo & Chefs Soupe du Jour

## Wednesday

Brisket and Black Eyed Pea & Chefs Soupe du Jour

## Thursday

Chicken Tortilla Soup & Chefs Soupe du Jour

## Friday

Seafood Gumbo & Chefs Soupe du Jour

## Sunday

Champagne and Brie Soup & Chicken Noodle Soup