

Starters

Swimmers- Calamari Strips

You won't believe how tender these Breaded Calamari Strips are! Fried golden brown and served with Cocktail Sauce 7.25

The Board- French Baguettes

Warm French Baguettes served with Sundried Tomato Cream, Pesto Cream and Garlic Cream- Get one to share! 7.95

Chifteles- Meatballs

Sweet and Spicy Bite-Sized Romanian Meatballs served with Bread 4.25

Crostato- Bread & Cheese

Two Petite Baguettes served with One Cream (Pesto, Garlic, Sundried or Cranberry) and One Cheese (Smoked Gouda, Sharp White Cheddar, Provolone or Chevre) 4.95

Harpoons- Grilled Kabobs

Tender Grilled Shrimp Kabobs served with a duo of flavorful dips: Fat-free Sunshine Orange and Cool Ranch 6.95

Bobbers- Shrimp Cocktail

Four Jumbo Shrimp "bobbing" in Cocktail Sauce. 4.25

Frizzles

Artichoke Frizzles

Artichoke Hearts breaded in a lightly seasoned batter and deep fried to a golden brown. Served with Garlic Cream and Ranch Dressing 6.95

Green Bean Frizzles

Green Beans breaded in a lightly seasoned batter and deep fried to a golden brown. Served with Garlic Cream and Honey Mustard 5.95

Soups

Tortilla Soup

A warm and flavorful Southern California favorite. Tortilla Soup topped with Grilled Chicken Breast, Avocado, Sour Cream and Tortilla Strips 7.95

Clam Chowder

Dave's special recipe New England Clam Chowder
Bowl: 5.95 Cup: 3.75

Lobster Bisque

Rich and Creamy Lobster Bisque 7.95

Soup du Jour

Ask your server for today's selection of hearty soups.
Bowl: 5.95 Cup: 3.75

Blankets

Uniquely flavored Flat-bread pizzas

Abbott

Laura's Salsa Verde, Spicy Shredded Pork, Diced Tomatoes, Green Onions and Five Cheese Blend 8.95

Virtue

Grilled Chicken Breast, Zucchini, Sundried Tomatoes, Artichoke Hearts, Roasted Yellow Peppers, Roasted Garlic Cream and Five Cheese Blend 8.95

Security

Smoked Gouda, Gorgonzola, Parmesan, Sundried Tomato Cream and Five Cheese Blend 7.75

Bacon

Garlic Mashed Potatoes covered with Cheddar Cheese a dollop of Sour Cream and, of course, BACON! 7.95

Niagara

Pesto Sauce, Spinach and Sundried Tomatoes with Goat Cheese, Mozzarella, Romano, Jack and Provolone 8.25

Cable

Hickory BBQ Sauce, Grilled Chicken Breast, Red Onions and Cheese- Staff favorite! 7.95

Starter Salads

Pesto Couscous

Couscous with Portobello Mushrooms, Sundried Tomatoes, Grilled Zucchini and Artichoke Hearts
2.75

Cucumber Lime Couscous

Couscous with Cucumber, Zucchini, Roasted Red Peppers, Green Onions, Cilantro and Lime Juice
2.75

The Small Salad

Spring Greens with Golden Raisins, Pecans, Tomatoes and choice of dressing 4.25

Salads

Joy Salad

Spring Greens, Grilled Chicken Breast, Sundried Tomatoes, Artichoke Hearts, Gorgonzola, Bacon and Croutons with Balsamic Dressing 8.95

Ensalada OB

Grilled Chicken Breast, Cotija Cheese, Tomatoes, Red Onions, Tortilla Croutons and Avocado on Spring Greens and tossed with Salsa Fresca Dressing 8.45

Pacific Salad

Secret Recipe creamy Shrimp and Crab salad with onion and celery. Served with Focaccia Toast Points.
8.45

Wonder Salad

Spring Greens, Salmon, Shrimp, Artichoke Hearts and Capers with Lemon Wedges & Fat-free Sunshine Orange Dressing 9.45

Jennifer's Salad

Creamy Chicken Salad made with Green Grapes and Pecans- served with Tomato Wedges and Avocado Garnish 8.45

Caesar Salad

A bed of Romaine tossed with Caesar Dressing & topped with Romano Cheese and Croutons 7.45
Add Chicken or Shrimp: 8.95

Clarity Salad

Spring Greens, Tomatoes, Strawberries, Green Onions, Cucumber, Artichoke Hearts, Pistachios, Gorgonzola Cheese and Croutons with Balsamic Dressing 7.95

Pasta

All Pasta dishes include warm bread and your choice of Soup du Jour or Starter Salad

Baja Seafood Pasta

Tender Calamari, Shrimp and Icelandic Cod are tossed with Fettuccini and our Chipotle Marinara Sauce for a wonderfully spicy Seafood Pasta with 'laid back' Baja flavor. 14.95

Pesto Penne & Chicken

Our homemade creamy Pesto Sauce over Penne with Grilled Chicken Breast, Portobello Mushrooms, Sundried Tomatoes, Green and Yellow Peppers and Parmesan Cheese. 13.95

Fettuccini Alfredo

Hearty Fettuccini & creamy Alfredo Sauce made with Garlic and Parmesan Cheese. Choose Grilled Chicken, Shrimp or both! Chicken: 12.95
Shrimp: 13.95 Both: 15.95

Sandwiches - Paninis - Burgers

Add your choice of any one side dish for \$1

Add a cup of soup or a Starter Salad for only \$2.50

B.A.L.T. Sandwich

Bacon, Fresh Avocado, Leaf Lettuce and Tomato with Mayo, served on a French Baguette 7.45

Pleasure Chicken Sandwich

Grilled Chicken Breast, Provolone, Roasted Red Bell Peppers, Roasted Garlic Cream and Spring Greens on a Multi-grain Baguette 6.95

Confidence Turkey Sandwich

Smoked Turkey Breast, Smoked Gouda, Roasted Red Peppers, Dijon Mustard and Spring Greens on a French Baguette 6.95

Comfort Ham Sandwich

Maple Glazed Ham, Smoked Gouda, Roasted Yellow Bell Peppers, Cranberry Cream, Red Onions and Spring Greens on a French Baguette 6.95

Bliss Veggie Sandwich

Provolone, Grilled Zucchini, Roma Tomatoes, Red Peppers, Sundried Tomato Cream and Spring Greens on a Multi-grain Baguette 6.95

Peace Turkey Sandwich

Smoked Turkey Breast, Provolone, Roasted Yellow Bell Peppers, Cranberry Cream and Spring Greens on a Multi-grain Baguette 6.95

Power Roast Beef Sandwich

Tender Roast Beef, Sharp White Cheddar, Roma Tomatoes, Red Onions, Garlic Cream and Spring Greens on a French Baguette 7.45

Surfin' Chicken Sandwich

Grilled Chicken Breast with the works! Bacon, Avocado, Ortega Chiles, Cheddar & Jack, Mayo, Lettuce, Tomato and Onion on a Toasted Bun 9.95

Tenacity Chicken Sandwich

Grilled Chicken Breast, Smoked Gouda, Roma Tomatoes, Red Onions, Pesto Cream and Spring Greens on a French Baguette 6.95

Valor BBQ Pork Sandwich

Lean and Tender pulled pork in Dave's Secret Recipe BBQ Sauce on a Toasted Bun 7.45

Southern Belle Sandwich

Creamy Chicken Salad made with Sweet Grapes and Pecans on a Multi-grain Roll with Lettuce and Tomato 8.95

Paninis

Freedom Chicken Panini

Grilled Chicken Breast, Brie, Roma Tomatoes, Roasted Yellow Bell Peppers, Honey Mustard and Spring Greens on Focaccia 7.95

Trust Roast Beef Panini

Tender Roast Beef, Sharp White Cheddar, Dijon Mustard, Roasted Red Bell Peppers, Red Onions and Spring Greens on Focaccia 7.95

Vision Turkey Panini

Smoked Turkey Breast, Smoked Gouda, Bacon, Roasted Red Bell Peppers, Roasted Garlic Cream and Spring Greens on Focaccia 7.95

Wisdom Veggie Panini

Chevre, Portobello Mushrooms, Roasted Yellow Bell Peppers, Red Onions, Sundried Tomatoes, Pesto Cream and Spring Greens on Focaccia 7.45

Poise Ham Panini

Maple Glazed Ham, Smoked Gouda and Sharp White Cheddar on Sourdough. Served with Jalapeño Jelly 7.95

Burgers

Hamburger

Half pound of Lean Angus Beef with Mayo, Lettuce, Tomato and Onion served on a Toasted Bun 6.95
With Cheese: 7.45

Surfin' Burger

Half pound of Angus Beef with the works; Bacon, Avocado, Ortega Chiles, Cheddar, Jack, Mayo, Lettuce, Tomato and Onion on a Toasted Bun 9.95

Entrées

All Entrées include your choice of Soup du Jour or Starter Salad AND two side dishes

Hickory Smoked Ribs

Mouth-watering St. Louis Style Pork Ribs slow cooked and basted with Dave's Sweet & Spicy BBQ sauce
Full Rack: 16.95 Half Rack: 13.95

Roasted Chicken

Moist & flavorful Roasted Half Chicken served with a Cilantro-Lime Dipping Sauce or smothered with our House-made Spicy Ranchero Sauce 13.95

Crab Stuffed Flounder

10oz of Flounder with a delectable Rock Crab & Cod Stuffing. Topped with a light White Wine & Lemon Sauce. 15.95

Flat Iron Steak & Bearnaise

Tender Flat Iron Steak resting on a 'plank' of seasoned Ciabatta Toast, covered with Bearnaise Sauce and thin Portobello Mushroom Slices. 14.95

Pork Chop

Juicy 10oz Glazed & Grilled Pork Chop. Served with Sautéed Spinach over Pesto dressed Polenta. 13.95

Grilled Salmon Filet

Perfectly fresh and flakey 10oz Salmon Filet, flame grilled and finished with our delicate White Wine & Lemon-Caper Sauce. 16.95

Fish Tacos

Three Icelandic Cod Tacos topped with Cabbage, Fish Taco Sauce, Cotija and Salsa Fresca. 12.95

Man-Pleasing Meatloaf

Tender meatloaf in home-style tomato gravy and garnished with sautéed peppers, mushrooms & onions. 9.95

Grilled Halibut

Fresh & flakey 10oz Grilled Halibut filet served with our amazing Lobster Sauce. 16.95

Filet Mignon

10 oz of lean and tender Prime Filet, marinated in Dave's secret seasoning blend and grilled to perfection. 19.95

Chicken & Artichoke Hearts

Two boneless Chicken Breasts bursting with an Artichoke Heart & Garlic Stuffing, topped with White Cheese Sauce. 14.95

New York Steak & Shrimp

Our tender and juicy New York Steak flame grilled and topped with Sautéed Mushrooms and Grilled Jumbo Shrimp. 18.95

BBQ Chicken

Slow roasted Half Chicken DrIPPIN' with Dave's Sweet & Spicy BBQ Sauce 13.95

Tamales

Two Hearty Southern California Beef Tamales with Roasted Poblano Chile Cheese Sauce and served with refried beans and one side dish 12.95

Fish & Chips

Five portions of flakey Icelandic Cod served with French Fries, homemade Tarter Sauce & choice of one side dish. 12.95

Side Dish Options

Asparagus Spears

Bistro Mashed Potatoes

With Roasted Garlic & Parmesan

Pesto Couscous

Couscous, Portobello Mushrooms, Sundried Tomatoes, Grilled Zucchini and Artichoke Hearts

Cucumber Lime Couscous

Couscous, Cucumber, Zucchini, Roasted Red Peppers, Green Onions, Cilantro and Lime Juice

Grilled Squash

Zucchini & Yellow Squash seasoned and grilled

Baked Sweet Potato with Maple Butter

Wild Rice

Roasted Potatoes

Green Beans

Sautéed Spinach

Spinach sautéed with garlic and sundried tomatoes. Served over Pesto dressed Polenta

Also Available

French Fries, Onion Rings, Sweet Potato Fries and Refried Beans

Desserts

Shade's Luscious Half Pound Brownie

Rich, deep Chocolate Brownie, Frosted with Nuts-served in a pool of Milk Chocolate with your choice of either Vanilla or Coffee Ice Cream. Plenty to share! 6.95

New York Cheesecake

Either unadorned for the purists, or topped with Strawberry or Chocolate sauce. 5.95

Simple Sundae

A scoop of creamy Vanilla Ice Cream topped with your choice of Chocolate Syrup, Caramel or Strawberry and a dollop of Whipped Cream 2.95

Cinnamon Amaretto Bread Pudding

Our homemade Cinnamon Bread Pudding is generously topped with Amaretto and delectable Coffee Ice Cream 7.95

Cookie!

Just want a little sweet something? Ask your server for today's selection of Fresh Baked Cookies! 1.00

OR: 2 for \$1.75

Beverages

Bottomless Soft Drinks

Pepsi, Diet Pepsi, Mug Root Beer, Sierra Mist, Mountain Dew, Pink Lemonade, Lipton Raspberry Iced Tea, Brewed Iced Tea 2.50

Coffee

Rich French Roast, Regular or Decaf 2.50

Milk

Low fat: Plain or Chocolate 2.50

Hot Tea

An Assortment of Flavored and Regular, Herbal and Decaffeinated Teas 2.50

Simas! Smoothies- Hot or Cold

Mocha, Spiced Chai, Blueberry Matcha Green Tea, Tropical or Strawberry 3.75

Orange Juice

Fresh Squeezed Orange Juice 3.35

Juice, Juice, Juice

Apple, Cranberry, Tomato, Pineapple, Grapefruit 2.95

Hot Chocolate

Piping hot and topped with whipped cream 2.95

HAPPY HOUR DAILY!

Half-Price

Giant Martinis

Specialty House Cocktails

Daily - 4:00-6:00

There will be a \$2 charge for menu items split in the kitchen