

LUNCH APPETIZERS

SPICY CRAB SOUP



Cup - 3.75 Bowl - 4.75

APPETIZER - TEXAS OR HONEY GARLIC BBQ WINGS



One pound of WILD or MILD Texas wings or HONEY GARLIC BBQ wings served with carrots, celery & blue cheese dressing.

7.75

APPETIZER - CARIBBEAN JERK CHICKEN QUESADILLAS



Made fresh daily with our pepper jack cheese blend in a flour tortilla and served with homemade salsa, sour cream, lettuce and tomato.

8.00

APPETIZERS - BASKET OF FRIES



Regular or CAJUN for a spicy alternative.

3.95

APPETIZER - BLACK BEAN HUMMUS



One with a "kick" or our milder version; both are fresh and delicious. Your server will give you the particulars.

5.00

CHIPS & DIP



Potato chips served with our ranch dressing.

2.50

LUNCH SALADS

GARDEN SALAD



A variety of organic baby lettuces, tomatoes, cucumbers & red onions.

5.50

TOSSED SALAD



Smaller version of our garden salad.

3.95

SOUP & SALAD



Our spicy crab soup served with a garden fresh salad.

9.50

TUNA SALAD PLATE



Fresh tuna salad on a bed of organic mixed greens with your choice of pasta salad or broccoli slaw.

7.75

CHEF SALAD



Roasted turkey, smoked ham and our three-cheese blend over a garden salad.

8.25

CHICKEN BREAST SALAD



Marinated, Blackened or Teriyaki style chicken breast, grilled and served on a bed of organic mixed greens.

8.50

LUNCH

SANDWICHES

HALF POUND BURGER



on a fresh roll from Nova's Bakery

Burgers come with onion, lettuce, pickles, tomato & any two of the toppings below. 9.00

ADDITIONAL TOPPINGS 1.00 EACH

BBQ SAUCE • AMERICAN • JALAPENOS • BLEU CHEESE

MUSHROOMS • SWISS • THREE CHEESE BLEND • SALSA

BACON • SAUTEED ONIONS • PEPPER JACK BLEND

9.00

RUBEN



4th Ward style with corned beef, kraut, Dijon mustard, 1000 island & Swiss cheese on grilled rye bread.

8.00

LONDON BROIL SANDWICH



Thin slices of marinated flank steak in a hoagie bun topped with Swiss cheese. May we suggest medium-rare. 9.50

(ADD SAUTEED ONIONS .35 / MUSHROOMS .50 / PEPPERS .75)

9.50

FRESH QUINOA BLACK BEAN VEGETABLE BURGER



Quinoa with a little heat (CHIPOTLE), black beans, corn, peppers, carrots, celery, cilantro and light garlic combined for a tasty, healthy burger topped with feta cheese, sliced avocado, lettuce, tomato & onion on grilled pita bread.

8.50

MIKE'S HOT TURKEY SANDWICH



Roasted turkey and gravy served open face on Texas Toast.

8.50

CHICKEN PITA



Grilled chicken breast served on pita bread with melted provolone cheese, organic baby lettuce & tomato. Honey mustard served on the side.

8.50

TURKEY CLUB CROISSANT



Roasted turkey, mayo, bacon, lettuce & tomato served on a croissant.

8.75

BUFFALO CHICKEN SANDWICH



Grilled chicken in a spicy buffalo sauce on a Kaiser roll with lettuce, tomato, onion and bleu cheese dressing.

8.50

B-L-T



an American favorite on whole wheat toast with just a little mayo.

7.25

CHICKEN BREAST SANDWICH



A fresh marinated chicken breast and you choose GRILLED, BLACKENED or TERIYAKI-STYLE on a Nova Roll with lettuce, tomato, and onion.

8.50

TUNA SALAD SANDWICH



Served with lettuce & tomato on your choice of bread.

7.25

3 CHEESE MELT



Our three-cheese blend (mild cheddar, monterey jack, and pepper jack cheeses) on Texas toast. 6.00 (ADD BACON 1.00 / TOMATO .50)

6.00

GRILLED HAM & SWISS



Smoked ham & Swiss cheese heated and served on Texas toast with horseradish and BBQ sauce.

7.50

LUNCH SALADS

GARDEN SALAD



A variety of organic baby lettuces, tomatoes, cucumbers & red onions.

5.50

TOSSED SALAD



Smaller version of our garden salad.

3.95

SOUP & SALAD



Our spicy crab soup served with a garden fresh salad.

9.50

TUNA SALAD PLATE



Fresh tuna salad on a bed of organic mixed greens with your choice of pasta salad or broccoli slaw.

7.75

CHEF SALAD



Roasted turkey, smoked ham and our three-cheese blend over a garden salad.

8.25

CHICKEN BREAST SALAD



Marinated, Blackened or Teriyaki style chicken breast, grilled and served on a bed of organic mixed greens.

8.50

DINNER

APPETIZERS

APPETIZER - FRIED PICKLES



Appetizer - Fried Pickles

Dill delights deep fried with ranch for dipping

4.65

CAJUN FRIES



Regular or Cajun spiced

3.95

BLACK BEAN HUMMUS



One with a “kick” or our milder version; both are fresh and delicious. Your server will give you the particulars on tonight’s choices.

5.25

DC’S POTATO WEDGES



Hearty wedges covered with our 3-cheese blend and topped with bacon, tomatoes, light Cajun seasoning & sour cream.

7.95

TEXAS OR HONEY GARLIC BBQ WINGS



One pound of WILD or MILD Texas wings or HONEY GARLIC BBQ wings served with carrots, celery & blue cheese dressing.

8.00

CARIBBEAN JERK CHICKEN QUSADILLAS



Made fresh daily with our pepper jack cheese blend in a floured tortilla shell and served with salsa, sour cream, lettuce and tomato.

8.25

NACHOS



Flour tortilla wedges topped with black beans, 3-cheese blend, jalapenos, black olives, sour cream and tomatoes. Served with salsa.

8.65

SPICY CRAB SOUP



Cup - 3.75 Bowl - 4.75

DINNER ENTREES

WHAT IT IS



Blackened chicken breast over fresh rotini in a Cajun cream sauce. An Al-Mike's favorite.

16.50

HONEY CHICKEN



With bacon and tomato cream sauce over penne pasta.

16.50

SHRIMP MARSALA



Large shrimp & mushrooms sautéed in Marsala wine, garlic and fresh spices with a touch of cream over fettuccini. 17.50

(or CHOOSE ALL NATURAL CHICKEN MARSALA 16.50)

17.50

FETA CHICKEN



Sautéed all natural chicken tossed with garden vegetables and penne pasta in a white wine, garlic herb broth and topped with feta cheese.

17.00

BLACKENED CATFISH



Two catfish fillets blackened and served with Jamaican relish & Creole tartar sauce with your choice of side order.

16.50

CRAWFISH BURRITO



Crawfish tails, mushrooms, red onions and peppers sautéed with Creole spices and garlic wrapped in a flour tortilla with jack cheese, black beans and all the fixin's on the side.

16.00

4TH WARD STROGANOFF



Aged beef with mushrooms, red wine & shallots in a sour cream sauce over rotini pasta.

(ADD SAUTEED ONIONS .35 / MUSHROOMS .50 / PEPPERS .75)

15.50

PENNE ATHENA



Our all natural chicken in a light white wine cream sauce with mushrooms, red pepper, tomato, sliced black olives & a touch of pesto.

16.50

LONDON BROIL



Thin slices of marinated flank steak served with your choice of side order. May we suggest medium-rare.

14.50

BUILD YOUR OWN PASTA



Choose fettuccini or penne pasta and one of these sauces:

GARLIC CREAM MARINARA PESTO CREAM TOMATO CREAM PESTO BLACK JACK SAUCE CAJUN CREAM

WITH VEGETABLES - \$12.95

WITH ALL NATURAL CHICKEN - \$16.50

WITH SHRIMP - \$17.50

11.50

DINNER SALADS

GARDEN SALAD



A variety of organic baby lettuces, tomatoes, cucumbers & red onions.

5.50

CHICKEN CLUB SALAD



Grilled chicken breast topped with bacon & our 3-cheese blend served on a bed of mixed greens

10.00

CHEF SALAD



Roasted turkey, smoked ham and our three-cheese blend over a garden salad.

8.25

CHICKEN BREAST SALAD



Your choice of GRILLED, BLACKENED or TERIYAKI-STYLE chicken breast served over mixed greens

8.50

DINNER SANDWICHES

HALF POUND BURGER



on a fresh roll from Nova's Bakery

Burgers come with onion, lettuce, pickles, tomato & any two of the toppings below. 9.00

ADDITIONAL TOPPINGS 1.00 EACH

BBQ SAUCE • AMERICAN • JALAPENOS • BLEU CHEESE
MUSHROOMS • SWISS • THREE CHEESE BLEND • SALSA
BACON • SAUTEED ONIONS • PEPPER JACK BLEND

9.00

GRILLED CHICKEN PITA



Grilled chicken breast in a pita with melted provolone cheese, lettuce & tomato. Try it with our honey mustard dressing.

8.50

RUBEN



4th Ward style with corned beef, kraut, Dijon mustard, 1000 island & Swiss cheese on grilled rye bread.

8.00

VEGTARIAN PITA



Broccoli, mushrooms, peppers & onions sautéed in vegetable broth and herbs wrapped in pita bread with provolone cheese.

7.75

LONDON BROIL SANDWICH



Thin slices of marinated flank steak in a hoagie bun topped with Swiss cheese. May we suggest medium-rare. 9.50

(ADD SAUTEED ONIONS .35 / MUSHROOMS .50 / PEPPERS .75)

9.50

BUFFALO CHICKEN SANDWICH



Grilled chicken in a spicy buffalo sauce on a Kaiser roll with lettuce, tomato, onion and bleu cheese dressing.

8.50

CHICKEN BREAST SANDWICH



GRILLED, BLACKENED or TERIYAKI-STYLE chicken breast served on a Kaiser roll with lettuce, tomato and onion.

8.50

BLACKENED CATFISH



Catfish fillet blackened and served on a Nova roll with Jamaican relish and Creole tartar sauce.

9.50

FRESH QUINOA BLACK BEAN VEGETABLE BURGER



Quinoa with a little heat (CHIPOTLE), black beans, corn, peppers, carrots, celery, cilantro and light garlic combined for a tasty, healthy burger topped with feta cheese, sliced avocado, lettuce, tomato & onion on grilled pita bread.

8.50

SIDE ORDERS



FRIES • CAJUN FRIES • PASTA SALAD • ONION RINGS • BROCCOLI SLAW • SPICY BLACK BEANS • BAKED POTATO • SAUTEED VEGGIES

A SIDE SALAD OR A CUP OF SOUP MAY BE SUBSTITUTED FOR AN ADDITIONAL

2.50