Bistro Quesadilla
Whole wheat tortilla, Jack & cheddar cheeses, sour cream, and salsa on the side 7

Chicken Quesadilla
Whole wheat tortilla, black beans, chipotle roasted chicken, Jack cheese, fresh salsa, avocado corn salsa, and sour cream on the side 10

Baked Brie
Double cream brie, caramelized pears, Marcona almonds, truffle honey, and served with a side baguette 11

Spinach Artichoke Dip
Parmesan crust and served with a side baguette 9

Shrimp Scampi
Sautéed in a classic white wine and garlic butter sauce and served with a side baguette 9

Mediterranean Plate
Hummus and tabbouleh, diced tomatoes, feta, artichokes, kalamata olives, and served with warm pita 9

Crab Cake
Diced with spicy remoulade sauce on a bed of greens, and served with corn and tomato salsa 8

Chicken Nachos
Adobo roasted chicken, fried black beans, Jack & cheddar cheese, diced tomato, avocado corn salsa, and sour cream 10

Soup du Jour
Cup 4 Regular 5

Cup of Vegetarian Chili
Simmered with vegetables, beans, tomatoes, brown rice, sour cream, Jack cheese, chives 4.5

Side House Salad
Field greens, cucumber, red onion, tomato, with balsamic vinaigrette 4

Salmon Nicoise
6 oz. salmon, field greens, hard-boiled egg, grilled asparagus, roasted red potatoes, kalamata olives, red onion, tomato, with balsamic vinaigrette 15

Roasted Turkey, Cranberry & Feta Salad
Roasted turkey, baby spinach, feta cheese, five-oreasted walnuts, cranberries, red onion, with sherry vinaigrette 11

Chicken Taco
Adobo roasted chicken, corn salsa, lettuce, cheddar cheese, bell peppers, red onion, tomato, avocado corn salsa, sour cream, with tortilla chips & chipotle sauce 11

Caramelized Pear & Bleu Cheese Salad
Field greens, bleu cheese, roasted almonds, golden raisins, caramelized pear slices, with poppy seed vinaigrette 10

Add chicken 3 Add shrimp 5 Add salmon 6.5

Roasted Beet Salad
Roasted beets, field greens, bleu cheese, five-oreasted walnuts, red onion, golden raisins, with balsamic vinaigrette 11

Add chicken 3 Add shrimp 5 Add salmon 6.5

Traditional Egg Platter
Two eggs prepared your way, with your choice of bacon, sausage or turkey sausage. Served with toast, fresh fruit, and roasted red potatoes. 10

Spinach, Tomato & Feta Omelet
Baby spinach, feta cheese, and diced tomatoes. Served with toast, fresh fruit, and roasted red potatoes. 10

Sides
à la carte 3.5

Sweet Potato Fries

Grilled Asparagus

French Green Beans

à la carte 4.5

Chicken Salad

Albacore Tuna Salad

Breakfast

Panko-Crusted Cod
Icelandic panuro baked cod, lettuce, tomato, onion, chipotle mayonnaise, on toasted brioche, with sweet potato fries 12

Avocado BLT
Avocado, bacon, lettuce, tomato, chipotle aioli, on toasted wheat bread 9

Grilled Chicken Avocado Wrap
Whole wheat flour tortilla filled with blackened chicken, black beans, Jack cheese, avocado corn salsa, sour cream with tortilla chips. Mandarin orange sauce on side 10

Tomato Havarti Panini
Fresh tomatoes, basil and Havarti finished in our panini press 13

Roasted Turkey Cranberry Salad

House Salad

Cup of Soup

Cup of Vegetarian Chili

Pick 2 combo
Select one from each column. All are half portions. Sandwiches are served on whole wheat bread 10

Beef Salad

Pear & Bleu Cheese Salad

House Salad

Cup of Soup

Cup of Vegetarian Chili

Entrees

Turkey Meatloaf
Turkey breast,Benchmark Costerkin’s herbs & seasonings, demiglace, with roasted red potatoes & French green beans 13

Vegetarian Chili
Simmered with vegetables, beans, tomatoes, onion, rice, Jack cheese, sour cream, green onions 10

Mediterranean Pasta
Penne pasta, white wine, garlic & baby spinach, sun-dried tomatoes, mushrooms, pine nuts, roasted artichokes, feta cheese, with cabonara roll
Petite 9 Regular 12

Add chicken 3 Add shrimp 5 Add salmon 6.5

Turkey Rachael
Rye bread, Swiss cheese, all natural turkey and lake slow is finished in our panini press 12

Tuna Melt
Albacore tuna salad, cheddar cheese, tomato, on toasted wheat bread 9

Chicken Salad
Chicken, mayonnaise, celery, red onion, Swiss cheese, lettuce, tomato, on toasted wheat bread 10

Mediterranean Wrap
Whole wheat flour tortilla filled with hummus, tabbouleh, asparagus, feta, baby spinach, kalamata olives, with tortilla chips. Mandarin orange sauce on side 10

Salmon Bruschetta
Grilled salmon, tomatoes, basil, capers, with brown rice & asparagus 16

Moroccan Chicken Stew
Chicken, carrots, raisins, apricots, oranges, and served with brown rice 14

Mama’s Homemade Quiche du Jour
Vegetarian or vegetable quiche, fresh fruit salad, with mixed baby greens 10

Spinach Sauté
Baby spinach, zucchini, red onion, garlic, tomatoes, feta cheese, with brown rice 10

Add chicken 3 Add shrimp 5 Add salmon 6.5

Shrimp Primavera
Shrimp, broccoli, sun-dried tomatoes, garlic, onion, mushrooms, in a pesto bercy 14

Crab Cakes
Two 3oz. crab cakes, spicy remoulade, corn & tomato salsa, with mixed greens & balsamic vinaigrette 15

Chicken Picatta
Grilled chicken breast, lemons, capers, with brown rice & French green beans 13

Pennie Parmesan Pasta
Whole grain penne pasta, artichoke hearts, sun-dried tomatoes, spinach and walnuts tossed in a Parmesan cream sauce
Regular 10 Add chicken 3 Add shrimp 5 Add salmon 6.5

Guacamole, Bleu Cheese & Bacon Burger
Hormone free beef, avocado corn salsa, bleu cheese, bacon, lettuce, tomato, onion 13

Bacon Burger
Hormone free beef, cheddar cheese, barbecued onion, lettuce, tomato, onion, chipotle aioli, on brioche bun 13

Rockwood Burger
Half pound burger, lettuce, tomato, onion, on brioche bun 11

Add Swiss or cheddar .75

Turkey Burger
Lebanese meatball, cheddar cheese, tomato, lettuce, onion, on brioche bun 11

Salmon Burger
Salmon burger, lettuce, tomato, onion, avocado corn salsa, sour cream, on brioche bun 11

Vegetarian Burger
Grilled veggie burger, Swiss cheese, onions, mustard, mushrooms, lettuce, tomato, onion, basal slink, on brioche bun 11

GF...Gluten Free
HF...Hormone Free
Consume raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.
**Wine**

- **Champagne/Sparkling Wines**
  - Glass: OBERON CABERNET SAUVIGNON 49
  - Bottle: ZONIN PROSECCO 7, 28
  - VEUVE CLICQUOT YELLOW LABEL BRUT 75

- **White Wines**
  - Glass: KULETO ESTATE NATIVE SON RED 39
  - Bottle: IMAGERY PINOT NOIR 42
  - MEIOMI PINOT NOIR 10, 38
  - THE CRUSHER PINOT NOIR 8, 30
  - PRIME 59 CABERNET SAUVIGNON 9, 34
  - PIATTELLI MALBEC 9, 34

- **Red Wines**
  - Glass: LOVE ROSÉ 6, 22
  - Bottle: LA CREMA CHARDONNAY 42
  - HONIG SAUVIGNON BLANC 42
  - ZONIN PINOT GRIGIO 6, 22
  - CALLING ALL ANGELS CHARDONNAY 6, 22
  - SCHLINK HAUS RIESLING 7, 25
  - MATUA SAUVIGNON BLANC 7, 25

- **Sparkling Wines**
  - Veuve Clicquot Yellow Label Brut 75

**Cocktails**

- ST-GERMAIN COCKTAIL
  - Spiced wine, soda water & StGermain elderflower liquor
  - Glass: 7.5, Pitcher 26
- BRONTÉ MARTINI
  - Absolut Citron, fresh lime juice, Cointreau & cranberry juice
  - Glass: 7.5

**Coffee & Tea**

- **Espresso**
  - Caffe Latte 3.50, 3.75/4.25
  - specialty lattes 4.00/4.25/4.50

- **Chai Latte**
  - Chai Latte 4.25/4.50/4.75
  - Dirty Chai Latte 5.25/5.50/5.75

- **Steamer**
  - Steamer 3.50/3.75/4

- **Red Eye**
  - Red Eye 3.50/3.75/4.25

**Cold Beverages**

- **Water**
  - Acqua Panna 3
  - Red Bull 3
  - S. Pellegrino 3

- **Soda**
  - Coca-Cola, Diet Coke, Sprite, Lemonade, Root Beer

- **Tea**
  - Green:
    - Mango Ceylon, Ginger Peach
  - Regular:
    - Earl Greyer, Mango Ceylon, Chamomile Lemon, Orange Ginger Mint
  - House Blend Coffee 2.75

**Desserts**

- **French 75**
  - Jameson Irish Whiskey, Cointreau, sweet vermouth & fresh lime juice

**Little Bites**

- **COCONUT CREAM PIE**
- **CREAM BRÛLÉE**

**Bottled Beer**

- **3 Floyds Yum Yum**
- **Daura Dammm Gluten-Free**
- **Fat Head’s Bumble Berry**
- **Stella Artois**
- **Dogfish Head 90 Minnte**
- **Braxton Storm**
- **MadTree Psychopathy IPA**
- **Fat Tire Belgian White**
- **North Coast Brewing Scrimshaw**
- **Fifty West Chasing Sunsets**
- **Bud Light**
- **Buckler Non-Alcoholic**