



## THE ART *of* DELICIOUS

### LUNCH

*Late Winter*

### ENTREES

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#### **Grilled Turkey Club \$6.75/9**

Turkey, bacon and Swiss cheese on sourdough with mayo, lettuce and tomato

#### **B.L.T \$6/8**

Bacon, lettuce and tomato with mayo on grilled sourdough bread

#### **Muffaletta Sandwich \$6/8**

Italian meats with creole seasoning, and olive spread on toasted ciabatta bun

#### **Turkey Salad Croissant \$6/8**

Turkey salad with mild curry seasoning on a toasted croissant with lettuce and tomato

#### **Reuben \$6/8**

Corned beef on rye bread with Swiss cheese, sauerkraut and 1000 island dressing

#### **Shrimp Quesadilla \$6/8**

Shrimp with chipotle pepper sauce, cilantro and cheddar cheese on a flour tortilla with salsa

#### **Fish Tacos \$6/8**

Seasoned pan seared tilapia filets in flour tortillas with Pico de Gallo salsa and cabbage slaw

#### **Grilled Cheese Sandwich \$4.50/6**

Cheddar and provolone cheeses on grilled sourdough bread.

#### **Springs Chicken Wrap \$8**

Grilled chicken breast with bacon in a tortilla wrap with choice of BBQ or Buffalo sauce

#### **The Springs Burgers \$8**

Beef, turkey or meatless patty topped with your choice of blue, swiss, provolone or cheddar cheese. Served with mayonnaise, lettuce, tomato, onion and pickle. Add bacon for \$1

*All sandwiches come with choice of cup of fries or chips.*

*Add a cup of soup, green salad or fresh fruit for \$1*

*Add a side Caesar or Springs salad for \$2*



## THE ART *of* DELICIOUS

### SALADS

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#### **Caesar Salad \$6/8**

Chopped romaine tossed with a creamy Caesar dressing, parmesan cheese and croutons

*Add: chicken \$3/4 shrimp \$3/4*

#### **Springs Salad \$6/8**

Local greens, candied walnuts, craisins and blue cheese tossed in a huckleberry vinaigrette

*Add: \$3/4 shrimp \$3/4*

#### **BLTA Salad \$6/8**

*Mixed greens with bacon bits, avocado and diced tomatoes. Choice of dressing.*

*Add: chicken \$3/4 shrimp \$3/4*

#### **Vegetable Salad (DF, GF, V) \$5.25/7**

*Mixed greens tossed with carrots, cucumbers, tomatoes, and bell peppers in balsamic dressing*

*Add: chicken \$3/4 shrimp \$3/4*

#### **Beef or Chicken Taco Salad \$9/12**

*Seasoned ground beef or chicken with shredded cheddar cheese, black beans, Pico de Gallo salsa, sour cream, and guacamole over mixed greens with crispy tortilla strips. Choice of dressing.*

### ENTREES

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#### **Southwest Beans and Rice Bowl (GF, V) \$4.50/6**

Fresh sautéed vegetables, black beans, Pico de Gallo salsa, and cheddar cheese over brown rice

*Add: \$3/4 shrimp \$3/4*

#### **Grilled Sockeye Salmon Fillet (DF, GF, Available LS) \$7.50/10**

Available with a low salt seasoning or topped with herb butter. Served with brown rice and seasonal vegetable medley

#### **Penne Pasta Primavera (V, GF Available) \$6/8**

Seasonal vegetables tossed in a parmesan and garlic cream sauce with penne pasta. Add chicken for \$3

#### **Cashew Chicken \$6.75/9**

Stir fried chicken and vegetables in an Asian stir fry sauce with jasmine or brown rice

### SOUPS \$2/ \$4

House made soups daily - ask your server for today's featured soups

### Lunch Specials

Ask your server about daily lunch specials