

LUNCH

LUNCH SERVED DAILY FROM 11:00AM
 WE SERVE SUSTAINABLE SEAFOOD, HARVESTED BY METHODS THAT DO NOT HARM THE ENVIRONMENT

APPETIZERS & SIDES

<i>COCONUT PRAWNS</i> with mango sweet & sour sauce	9.00	<i>BOWL OF HOMEMADE SOUP</i>	5.50
<i>DIPSEA ONION RINGS</i> with ranch dipping sauce	5.50	<i>BOWL OF CHILI</i> with cheddar cheese & onions	6.50
<i>FRIED CALAMARI</i> with skordalia, cocktail sauce & lemon	9.00	<i>BLACK BEANS & RICE</i>	6.50
<i>BRUSCHETTA FETA</i>	5.50	<i>MASHED POTATOES & GRAVY</i>	4.50
Kalamata tapenade, diced tomatoes, oregano & feta		<i>SAUTEED MIXED VEGETABLES</i>	5.50
<i>BBQ PULLED PORK QUESADILLA</i>	8.50	<i>FRENCH FRIES</i>	3.50
With tomatillo-avocado sauce & sour cream		<i>POTATO SALAD</i>	3.50
<i>DOLMATHES</i>	7.50	<i>PINEAPPLE COLESLAW</i>	3.50
Stuffed grapeleaves with avgolemono sauce		<i>ROASTED BEETS</i>	7.50
<i>MEZES PLATE</i> Feta, pita, Kalamata olives, falafel,	12.00	with champagne vinaigrette, red onions & mustard seeds	
Spanakopita, dolmathes, tzatziki, skordalia & tahini salsa		<i>STEAMED MUSSELS</i> with wine & herbs	12.00

SALADS

<i>NICOISE SALAD</i> Ahi tuna grilled medium rare, on mixed greens with red potatoes, artichokes, beets, hard boiled egg, Kalamata olives, anchovies and seasonal mixed vegetables	14.95
<i>COBB SALAD</i> grilled chicken, diced bacon, blue cheese, hard boiled egg, avocado and balsamic red onions on romaine lettuce	13.75
<i>JUMBLED VEGETABLE SALAD</i> romaine and mixed greens, tossed with marinated seasonal vegetables, avocado, tomatoes, cucumbers, beets, potatoes, artichokes, olives, balsamic onions, and balsamic vinaigrette	11.95
<i>BABY SPINACH SALAD</i> with bacon, hard boiled egg, beets, tomatoes, marinated mushrooms, goat cheese and candied pecans	11.95
<i>GREEK SALAD</i> Feta cheese, Kalamata olives, tomatoes, cucumbers and romaine lettuce, tossed with olive oil & vinegar	11.95
<i>CHINESE CHICKEN SALAD</i> with three kinds of cabbage, shredded romaine, crispy rice noodles, sliced almonds and Hoisin vinaigrette	13.75
<i>BBQ CHICKEN FIESTA SALAD</i> romaine lettuce, bbq chicken, black beans, corn, tomatoes, tortilla chips, avocado, jack & cheddar cheese	13.75
<i>CAESAR SALAD</i> 9.95 with <i>GRILLED CHICKEN</i> or <i>FRIED CALAMARI</i>	12.95
<i>HOUSE SALAD</i> mixed greens with tomatoes, cucumbers, mushrooms and red onions	7.95

CHOICE OF DRESSINGS: BLUE CHEESE, BALSAMIC VINAIGRETTE, RANCH OR THOUSAND ISLAND

MAIN DISHES

<i>SALMON SCALLOPINE</i> Fresh local salmon filet, sauteed with garlic, wine and butter, served with organic brown rice & vegetables	19.95
<i>CHICKEN KALAMATA</i> chicken breast sautéed with garlic, wine, tomatoes, Kalamata olives, feta & oregano, served with rice & vegetables	15.95
<i>CHICKEN FRIED STEAK</i> All natural Steak, breaded and fried with country gravy, mashed potatoes and vegetables	14.95
<i>ROAST TURKEY PLATTER</i> Slow roasted all natural turkey, served with mashed potatoes, gravy, vegetables and cranberry sauce	13.95
<i>ANGEL HAIR PASTA</i> with <i>GRILLED CHICKEN BREAST</i> tossed with mushrooms, artichokes & pesto cream sauce	13.95
<i>CALAMARI SAUTEE</i> with garlic, wine, mushrooms, tomatoes and capers. Served with organic brown rice and vegetables	13.95
<i>FISH & CHIPS</i> Fresh Ling Cod in our homemade beer batter, served with pineapple slaw and French fries	13.95
<i>SEAFOOD PASTA</i> Fettuccine tossed with Salmon, Prawns, Ling Cod, Mussels and Calamari in a tomato, saffron cream sauce	16.95

SANDWICHES

SERVED WITH YOUR CHOICE OF ONE OF THE FOLLOWING: FRENCH FRIES, SOUP, SALAD, COLESLAW OR POTATO SALAD
 BURGER TOPPINGS: 1.50 ea. Bacon, Sautéed Mushrooms, Blue Cheese

DIPSEA BURGER

Half pound of 100% all natural fresh corn fed Midwest beef

Served on a sesame bun, with mayonnaise, lettuce, tomato & red onion 10.95 with choice of cheese 11.95

<i>TURKEY BURGER</i> with mayonnaise, lettuce, tomato and red onion	9.95	with choice of cheese	10.95
<i>FALAFEL BURGER</i> Homemade falafel on a sesame seed bun with tahini salsa, fresh mozzarella and lettuce			10.95
<i>GRILLED CHICKEN BREAST</i> on a rosemary roll, with honey-mustard aioli, Japanese cabbage, tomato and Havarti cheese			11.95
<i>GRILLED VEGETABLE</i> on a rosemary roll, with pesto, eggplant, zucchini, portabellas, roasted peppers, spinach and Gouda cheese			11.95
<i>GYROS</i> with Greek salad or choice of one of the above side dishes OR <i>VEGGIE GYROS</i> eggplant, zucchini, portabellas & peppers			11.95
<i>FRENCH DIP</i> on a sourdough baguette, with Au Jus and horseradish sour cream			11.95
<i>GRILLED HAM & GOUDA</i> on sourdough bread, with baby spinach and caramelized onions			11.95
<i>REUBEN</i> home cooked corned beef on grilled rye, with sauerkraut, Swiss cheese and Thousand island dressing			10.95
<i>BBQ PULLED PORK SANDWICH</i> House smoked pork on a ciabatta roll, with coleslaw & our own barbecue sauce			10.95
<i>PATTY MELT</i> hamburger patty on grilled rye, with grilled onions and Swiss cheese			11.95
<i>TUNA MELT</i> white albacore tuna and Cheddar cheese on grilled sourdough			10.95
<i>TURKEY MELT</i> on sliced sourdough, with avocado, tomato, grilled onions and Cheddar cheese			11.95
<i>B.L.T.</i> served on toasted whole wheat bread			10.95
<i>CLUB</i> roasted turkey, bacon, mayonnaise, lettuce and tomato on a triple decker toasted whole wheat bread			11.95
<i>TUNA SALAD SANDWICH</i> with mayonnaise, lettuce and tomato on whole wheat bread			10.95

FIND US ON FACEBOOK FOR SPECIAL OFFERS

