

Soups and Salads

French Onion Soup	5.25	Soup of the Day	Cup 3.50	Bowl 4.95
Spicy Black Bean and Sirloin Chili		black beans, cubed sirloin and jalapeños topped with brown rice	Cup 4.50	Bowl 5.95
Mozzarella Salad		homemade mozzarella, basil, tomato, red onion and roasted red peppers over a bed of mixed greens with balsamic dressing		9.99
Fruit and Nut Salad		mixed greens, pears, walnuts, dried cranberries and crumbled blue cheese with our raspberry vinaigrette		9.99
Caesar Salad		croutons, parmesan cheese and caesar dressing over greens		7.99

Starters

Buffalo Wings		mild, medium, hot, bbq or teriyaki with celery and blue cheese dressing		8.99	
Black Bean Dip		spicy blend of black beans, garlic, cilantro and jalapeños topped with tomato and sour cream and served with grilled pita chips		6.99	
Hummus		served with carrots, celery and pita chips		6.99	
Sliders		a trio of mini burgers served with roasted red pepper mayo		6.99	
Spicy Chips		hand cut potato chips seasoned with cajun spices		4.99	
Mozzarella Sticks		six fried mozzarella sticks with homemade tomato sauce		7.99	
Onion Pizzette		caramelized onions, prosciutto and ricotta on our homemade pizza dough	10"	9.99	
Spicy Margherita Pizzette		spicy homemade mozzarella, fresh basil and tomato sauce on our homemade pizza dough	10"	10.99	
Quesadilla		grilled flour tortilla stuffed with cheddar and pepperjack cheese, and lettuce served with homemade salsa and sour cream		7.99	
		with chicken	8.99	with steak	9.99

Sandwiches and Burgers

Served with pickle and choice of salad or french fries

Mozzarella Panini		homemade mozzarella with roasted red peppers, tomato and basil on our whole wheat bread		8.99
Fresh Roasted Turkey		with provolone cheese, lettuce, tomato and mayo on homemade country white toast		7.99
Chicken BLT Wrap		grilled chicken, bacon, lettuce, tomato and mayo wrapped in a flour tortilla		8.99
Portabella Panini		portabella mushroom, roasted red peppers provolone and pesto on homemade whole wheat		8.99
Lanie's Burger		juicy 8oz. beef burger on a lightly toasted seeded roll		8.99
Veggie Burger		soy and vegetable burger on a homemade whole wheat roll		8.99
Turkey Burger		freshly ground turkey burger on a potato roll		8.99

Add Cheese - American, Swiss, Cheddar, Provolone, Pepper Jack, Feta 1.00
 Crumbled Blue Cheese, Brie, Goat, Mozzarella 1.50 Add Bacon 1.50 Sauteéd Mushrooms 1.00
 Sauteéd Onions 1.00 Substitute Sweet Potato Fries 1.00 Substitute Onion Rings 2.00

Dinner

Served with soup of the day or tossed salad and a homemade whole wheat or country white roll

HOMEMADE DRESSINGS - balsamic vinaigrette, apple cider vinaigrette, caesar, french, ranch
 *raspberry vinaigrette, cilantro lime, italian, blue cheese, *honey mustard, pomegranate acai berry
 *indicates Fat-Free

Chicken ala Lou 15.99

Thinly pounded panko crusted chicken breast topped with a salad of arugula, mozzarella, tomato, red onion, roasted red peppers and balsamic vinaigrette

Stuffed Chicken 16.99

Chicken breast stuffed with spinach, feta and mushrooms in a white wine sauce served with brown rice and broccoli and carrots

Grilled Pork Chops 17.99

Grilled pork chops with caramelized apples and grilled asparagus

Shrimp Fried Quinoa 16.99

Shrimp, carrots, onions, scallions, egg, and quinoa sautéed with soy sauce and a touch of olive oil

Shrimp Scampi 18.99

Six large shrimp sautéed in lemon, garlic and white wine over garlic toast with brown rice and grilled asparagus

Grilled Skirt Steak 17.99

Marinated in red wine, garlic & worcestershire sauce served with french fries and sautéed spinach

Whole Wheat Linguini Primavera 14.99

assorted fresh vegetables and whole wheat linguini sautéed in garlic and oil with a touch of parmesan

Butternut Squash Ravioli 15.99

Ravioli stuffed with butternut squash sautéed with dried cranberry and pecan in sage butter sauce

Grilled Veggie Platter 14.99

Grilled balsamic marinated portabella mushroom, roasted peppers zucchini and eggplant topped with melted mozzarella and served with sauteéd spinach and steamed brown rice

Cod Cakes 17.99

Two pan-fried cod cakes served over sauteéd spinach and quinoa pilaf with roasted pepper aioli

Tilapia ala Zucco 17.99

Pan-seared tilapia served over zucchini spaghetti with yellow peppers and carrots sautéed in garlic and oil with a drizzle of roasted pepper aioli

Sides

Basket of Onion Rings	5.50	Quinoa Pilaf	
Sweet Potato Fries	5.50	with walnuts and dried cranberries	5.25
Basket of Fries	5.00	Brown Rice Pilaf with carrots and scallions	4.25
Steamed Broccoli	4.25	Grilled Vegetables	4.75
		eggplant, zucchini & roasted red peppers	
		Macaroni and Cheese	5.25
		Sautéed Spinach	4.75