

Quesadillas

(served on 12" tortilla with sour cream and salsa)

Three Pepper Steak, grilled, chopped sirloin with roasted red peppers, caramelized onion and three pepper sauce over shredded cheddar and pepperjack cheeses, 6.79

Shrimp and Green Chile, shrimp, roasted poblano peppers, corn and a splash of jalapeno lime vinaigrette over shredded cheddar and pepperjack cheeses, 6.79

Chicken Quesadilla, seasoned chicken and chipotle mayo over shredded cheddar and pepperjack cheeses, 6.59

Vegetarian Black Bean, Corn and Spinach, seasoned black beans, sautéed fresh spinach, and corn over shredded cheddar and pepperjack cheeses, 6.59

Specialty Salads

(served in crispy tortilla bowl)

The Gracious Plenty Salad, shredded cheese, diced tomatoes and cucumbers over mixed lettuce, 5.49

w/ **Crispy or Grilled Chicken**, 7.49

w/ **Buffalo Shrimp**, 7.79

w/ **Roasted Vegetables**, 7.49

w/ **Mesquite Grilled Tuna**, 7.99

Charleston Sunshine Salad, grilled chicken with Mandarin oranges, cucumbers, toasted almonds and dried cranberries over mixed lettuce with lemon vinaigrette, 7.69

The Big Chef Salad, ham, turkey, shredded jack and cheddar cheeses, sliced egg, diced tomatoes and cucumbers, 7.89

Housemade dressings include: red wine vinaigrette, lemon vinaigrette, sesame ginger vinaigrette, jalapeno lime, and thousand island. Additional dressings include honey mustard, ranch, balsamic vinaigrette, and bleu cheese. Salads are served with a 4-ounce portion of dressing. Additional servings of dressing are available for 29¢.

Beverages

Orange or Apple Juice, 1.59

Sweet and Unsweet Tea (refillable), 1.59

Canned Sodas, 1.29

Bottled Water, .99

Individual Flat Bread Pizza

(served with a side salad)

Grilled Chicken and Pesto, grilled chicken, pesto, mozzarella, provolone, and parmesan cheeses, 7.49

Sautéed Fresh Spinach and Bacon, spinach, roasted Roma tomatoes, and bacon with mozzarella, provolone and parmesan cheeses, 7.49

The Tuscan, grilled chicken, sautéed spinach, roasted red peppers, black olives over mozzarella, provolone and parmesan cheeses, 7.49

Roasted Vegetables, roasted Portobello mushrooms, red peppers, Roma tomatoes, caramelized onions and eggplant with mozzarella, provolone and parmesan, 7.49

Barbecue Chicken, grilled chicken breast with chipotle barbecue sauce, bacon, and shredded cheddar and pepperjack cheeses, 7.49

Burgers (*Beef or Turkey*)

(served with potato chips, pasta salad or coleslaw)

American Classic Cheeseburger, chargrilled burger served with lettuce, tomato and mayonnaise, 6.29

Red Goat, roasted red pepper relish, seasoned goat cheese, lettuce and tomato, 7.79

Greek, feta cheese, shaved onion, and cucumber dill sauce with mixed greens on grilled flatbread, 7.79

Pepperjack, melted pepperjack cheese, jalapeno peppers, chipotle mayonnaise, lettuce and tomato, 6.79

Mushroom Bacon, bacon, mushrooms, Swiss cheese, lettuce, tomato, and mayonnaise, 7.29

BBQ Bacon Cheddar, topped with BBQ sauce, cheddar and bacon, 7.29

Specialty Wraps

(served with potato chips, pasta salad or coleslaw)

Chicken and Apple Wrap, grilled chicken, toasted pecans, Granny Smith apple, mixed greens, and dried cranberries with housemade lemon vinaigrette, 7.49

Shrimp and Jalapeno Lime Wrap, crispy shrimp tossed with housemade jalapeno lime vinaigrette, mixed greens and diced tomatoes, 7.49

Buffalo Chicken Wrap, crispy chicken tossed with housemade Buffalo sauce, lettuce, tomatoes and blue cheese dressing, 7.49

Club Wrap, ham, turkey, bacon, lettuce, tomato, mayo, 7.49

Specialty Melts and Panini

(served with potato chips, pasta salad or coleslaw)

Greek Melt, gyro meat (*beef and lamb*), feta cheese, black olives and cucumber dressing on grilled sourdough, 7.29

Crispy Mexican Melt, crispy chicken, guacamole, jalapenos, cheddar, pepperjack on grilled sourdough, 7.29

Chicken Cordon Bleu, crispy chicken breast with melted Swiss cheese and ham on grilled sourdough, 7.29

Cuban Panini, roasted pork loin, ham, Swiss, chipotle mustard, and pickles on a grilled, hoagie roll, 7.49

Chicken Caprese Panini, grilled chicken, mozzarella cheese, pesto, and roasted Roma tomatoes on grilled sourdough, 7.49

Chicken Salad Melt, roasted, hand pulled breast meat chicken salad, melted Swiss and sliced tomato on wheatberry bread, 6.79

Tuna Melt, tuna salad, American cheese, and tomatoes on grilled sourdough, 6.29

Turkey Melt, sliced turkey, melted American cheese, bacon and tomatoes on grilled sourdough bread, 6.79

The Blair Sandwich Project, roasted portabello mushroom, red peppers, eggplant, Roma tomatoes, and caramelized onions with house mixed roasted vegetable cream cheese on wheatberry bread, 7.49

Chicken Pita, grilled, sliced chicken breast, feta cheese, lettuce, shaved onion, and cucumber dressing wrapped in a grilled pita, 7.49

Mesquite Grilled Tuna Sandwich, grilled mesquite tuna with coleslaw, lettuce, tomato on a Kaiser roll, 7.79

Just Desserts

(handcrafted in-house)

Pound Cake, 2.69

Carrot Cake, 3.79

Puddin' Cake, 3.59

Chocolate Torte, 3.59

Apple Cake, 3.59

Brownies, 2.39

Cookies, 1.29

Please ask about our selection of freshly baked, handcrafted pastries and desserts which may change daily.

Menu revisions as of 9-1-10

