

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, 6.59

Fiesta Chicken, spicy grilled chicken breast, guacamole, jalapenos and chipotle ranch dressing over shredded cheddar and pepperjack cheeses, 6.29

Shrimp and Green Chile, shrimp, roasted poblano peppers, corn and a splash of jalapeno lime vinaigrette over shredded cheddar and pepperjack cheeses, 6.59

Chicken Quesadilla, seasoned chicken and chipotle mayo over shredded cheddar and pepperjack cheeses, 6.29

Vegetarian Black Bean, Corn and Spinach, seasoned black beans, sautéed fresh spinach, and corn over shredded cheddar and pepperjack cheeses, 6.29

Specialty Salads

(served in crispy tortilla bowl)

The Gracious Plenty Salad, shredded cheese, diced tomatoes and cucumbers over mixed lettuce, 5.29

w/ **Crispy or Grilled Chicken**, 7.29

w/ **Buffalo Shrimp**, 7.79

w/ **Roasted Vegetables**, 7.29

w/ **Mesquite Grilled Tuna**, 7.79

Charleston Sunshine Salad, grilled chicken with Mandarin oranges, cucumbers, toasted almonds and dried cranberries over mixed lettuce with lemon vinaigrette, 7.49

The Big Chef Salad, ham, turkey, shredded jack and cheddar cheeses, sliced egg, diced tomatoes and cucumbers, 7.69

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 25¢.

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, 7.29

Sautéed Fresh Spinach and Bacon, spinach, roasted Roma tomatoes, and bacon with mozzarella, provolone and parmesan cheeses, 7.29

The Tuscan, grilled chicken, sautéed spinach, roasted red peppers, black olives over mozzarella, provolone and parmesan cheeses, 7.29

Roasted Vegetables, roasted portobello mushrooms, red peppers, Roma tomatoes, caramelized onions and eggplant with mozzarella, provolone and parmesan, 7.29

Barbecue Chicken, grilled chicken breast with chipotle barbecue sauce, bacon, and shredded cheddar and pepperjack cheeses, 7.29

Burgers (Beef, Turkey or Garden)

(served with potato chips, pasta salad or coleslaw)

Cheeseburger - beef - 5.59; turkey - 6.29; vege - 6.29 (served with lettuce, tomato and mayonnaise)

Pepperjack - beef - 5.99; turkey - 6.79; vege - 6.79 (melted pepperjack cheese, jalapeno peppers and chipotle mayonnaise)

Mushroom Bacon - beef - 6.59; turkey - 7.29; vege - 7.29 (served with bacon, mushrooms, Swiss cheese, lettuce, tomato, and mayonnaise)

BBQ Bacon Cheddar - beef - 6.59; turkey - 7.29; vege - 7.29 (chargrilled burger topped with BBQ sauce, cheddar and bacon)

Soups and Sides

Housemade Soup (16 ounces), 3.59

Housemade Pasta Salad, .99

Housemade Coleslaw, .99

Side Salad, 2.59

French Fries, 1.99

Onion Rings, 2.99

Potato Chips, .99

Specialty Melts, Panini and Wraps

(served with potato chips, pasta salad or coleslaw)

Cuban Panini, roasted pork loin, ham, Swiss, chipotle mustard, and pickles on a grilled, hoagie roll, 7.29

Chicken Caprese Panini, grilled chicken, mozzarella cheese, pesto, and roasted Roma tomatoes on grilled sourdough, 7.29

Chicken Salad Melt, roasted, hand pulled breast meat chicken salad, melted Swiss and sliced tomato on wheatberry bread, 6.59

Tuna Melt, tuna salad, American cheese, and tomatoes on grilled sourdough, 5.99

Turkey Melt, sliced turkey, melted American cheese, bacon and tomatoes on grilled sourdough bread, 5.99

The Blair Sandwich Project, roasted portobello mushroom, red peppers, eggplant, Roma tomatoes, and caramelized onions with house mixed roasted vegetable cream cheese on wheatberry bread, 6.99

Chicken Pita, grilled, sliced chicken breast, feta cheese, lettuce, shaved onion, and cucumber dressing wrapped in a grilled pita, 6.99

Mesquite Grilled Tuna Sandwich, grilled mesquite tuna with coleslaw, lettuce, tomato on a Kaiser roll, 7.59

Chicken and Apple Wrap, grilled chicken, toasted pecans, Granny Smith apple, mixed greens, and dried cranberries with housemade lemon vinaigrette, 7.29

Shrimp and Jalapeno Lime Wrap, crispy shrimp tossed with housemade jalapeno lime vinaigrette, mixed greens and diced tomatoes, 7.29

Buffalo Chicken Wrap, crispy chicken tossed with housemade Buffalo sauce, lettuce, tomatoes and blue cheese dressing, 7.29

Club Wrap, ham, turkey, bacon, lettuce, tomato and mayonnaise on 12" wrap, 7.29

Just Desserts

(handcrafted in-house)

Pound Cake, 2.59

Apple Cake, 3.29

Carrot Cake, 3.59

Brownies, 2.29

Puddin' Cake, 3.29

Cookies, 1.29

Banana Cake with Chocolate Chip Streusel, 3.29

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

Menu revisions as of 5-1-09

