

## APPETIZERS

- Black and Tan Onion Rings** 8  
Honey Mustard dipping sauce
- Salt Baked German Pretzels** 7  
Cheddar cheese dipping sauce
- Rings of Calamari** 12  
Flash fried with hot cherry peppers and Parmesan cheese  
Tomatoes, scallions, garlic aioli and marinara dipping sauces
- Battered Chicken Tenders** 11  
Choice of honey-mustard or tossed in our spicy buffalo sauce
- Thai Lettuce Wraps** 14  
Sweet chili chicken with crushed peanuts  
Carrot-bean thread salad, crisp cucumber, and spring onions  
Served with cilantro-lime dipping sauce
- Buffalo Cauliflower** 10  
Battered cauliflower bites with bleu cheese dressing
- Black Angus Sliders with Aged Vermont Cheddar** 12  
3 Short-rib brisket blend burgers  
Topped with Vermont cheddar and frizzled onions
- Chicago Style Spinach Dip** 14  
Creamy baked spinach and artichokes with a Parmesan crust  
Served with celery sticks and grilled pita
- Fresh Guacamole \*** 14  
Crispy corn tortillas and salsa roja
- Oven Baked Nachos \*** 12  
Seasoned ground beef, pickled jalapeños and Monterey Jack  
Scallions, green olives, tomatoes, salsa, sour cream & guacamole
- Buffalo Wings** 12  
Celery sticks with creamy bleu cheese dressing
- Loaded Boardwalk Fries** 9  
Homemade "Velveeta", and sour cream,  
crushed bacon, tomatoes and chopped scallion
- Mozzarella Sticks** 9  
Deep fried mozzarella with homemade marinara sauce
- Potato Skins** 8  
Twice baked potato topped with bacon, cheddar,  
Tomato, and sour cream

## FLAT-BREAD PIZZAS

- Margherita Pizza** 14  
Fresh mozzarella cheese and crushed tomato
- Hot Honey Pizza** 12  
Sliced pepperoni, fresh mozzarella, tomato sauce  
And Chili infused honey
- Harvest Mushroom Pizza** 12  
Blend of wild mushrooms, fresh mozzarella and tomato sauce

## BURGERS

*All of our burgers are served with french fries, lettuce, tomato, onion, and pickles*

- Cheeseburger** 13  
Old fashioned American
- Bacon Cheddar Burger** 15  
Hardwood smoked bacon and English cheddar
- Smokehouse Burger** 15  
Smoked bacon, Monterey jack cheese, and BBQ'd onions
- Buffalo Brie Burger** 15  
Coated with buffalo sauce and topped with brie
- California Cheesburger Wrap** 15  
Fresh Avocado, butter leaf lettuce, tomato, onion, pickles  
With russian dressing
- Veggie Burger** 12  
Black bean burger topped with cheddar cheese Served  
with a side of fresh guacamole

## SALADS

Half/Full

- Heights House Salad** 9 12  
Organic field greens tossed with tomatoes, cucumbers, olives  
Cheddar cheese, red onions, Peppadew peppers  
Toasted croutons, carrots, and red wine vinaigrette
- Grilled Chicken Caesar** 10 15  
Romaine hearts, Reggiano parmesan, and corn bread croutons
- Farmhouse Salad \*** 12 15  
Grilled chicken, crisp romaine, walnuts, and double smoked bacon  
apples, egg, dried cranberries, tomatoes, and red onion  
tossed in honey-mustard dressing
- Country Salad** 12 15  
Mesclun greens with house-battered chicken tenders  
Danish bleu cheese, walnuts, bacon, egg, red onion, tomato  
avocado and toasted croutons, with your choice of dressing
- Grilled Atlantic Salmon Salad \*** 17  
Organic field greens, red Quinoa, fresh orange segments  
Matchstick apples, English cucumbers, Vidalia onion  
ginger vinaigrette
- Detox Salad with Pan Roasted Crab Cake** 17  
Mixed greens, grilled asparagus, and kiln dried blueberries dried  
cranberries, roasted pumpkin seeds, and toasted almonds, ginger  
vinaigrette
- Poke Bowl Salad \*** 14  
Ahi tuna tartar, sticky rice, baby greens, avocado & tomatoes  
Edamame beans, carrots, cucumbers, wasabi and crispy nori Tossed  
in sesame dressing
- Steak & Grain Salad** 17  
Grilled NY Strip with wheat-berry, apples, pepper dew, tomatoes  
Dried blueberries, bleu cheese crumbles and balsamic tossed greens

Dressing Choices :

Balsamic Vinaigrette, Ginger Vinaigrette, Red-Wine Vinaigrette, Berry Vinaigrette,  
Honey Mustard, Caesar, Ranch, Bleu Cheese, Sesame

Add Chicken \$5    Add Grilled Steak \$6    Add Grilled Shrimp \$6

## SPECIALTY SANDWICHES & WRAPS

*Add French Fries to any sandwich or wrap for \$3*

- Chicken Cutlet Flat-bread Sandwich** 12  
Crispy chicken, provolone, baby spinach, tomato, red onion  
Cucumbers, Peppadew peppers, & red wine vinaigrette
- French Dip Sandwich** 13  
Thin sliced ribeye and melted Muenster cheese  
Served with pan Au Jus on a hero roll
- Pan Fried Crab Cake Sandwich** 13  
Brioche bun and a side of honey mustard sauce
- Grilled Chicken Caesar Wrap** 10  
Wrapped in a white flour wrap
- Marinated Grilled Chicken Sandwich** 12  
Mozzarella, roasted peppers, lettuce, tomato, and onion  
Served on a Ciabatta roll with Balsamic Vinaigrette
- Crispy Fish Tacos** 13  
Cornmeal coated Salmon and cilantro dressed coleslaw  
Served in a white flour tortilla with fresh guacamole and chips
- Whole Wheat Blackened Chicken Wrap** 11  
Bacon, red onion, avocado, muenster cheese  
Lettuce, tomato, and chipotle mayo
- Turkey and Brie Panini** 12  
Sliced turkey and Brie with bacon and cranberry spread
- Avocado BLT** 11  
Applewood smoked bacon, lettuce, tomato, and mayo Toasted  
multigrain health bread
- Soup, Salad and 1/2 Sandwich** 12  
Your choice of soup, salad and any BLT, panini,  
chicken sandwich or buffalo cauliflower wrap
- Buffalo Cauliflower Wrap** 11  
Quinoa, wheat berry, shredded lettuce and tomato Melted  
bleu cheese in a white flour wrap

# ENTRÉES

Add a House Salad, Caesar Salad or Soup for \$3

Half / Full Rack

<b>Barbequed Danish Baby Back Ribs</b>	<b>14 / 23</b>
Slow cooked and finished on the grill with our house-made BBQ sauce, sweet potato fries and homemade slaw	
<b>Fajitas</b>	
Sautéed peppers and onions with Jasmine rice, pico de gallo, sour cream, guacamole, and grilled flour tortillas	17
<b>With Grilled Chicken</b>	19
<b>With Shrimp or Steak</b>	
<b>Chicken Milanese</b>	17
Panko crusted and served with balsamic tossed mixed greens, chopped red onion Sliced red pepper, and topped with tomato and fresh mozzarella cheese	
<b>Cheddar Stuffed Meatloaf</b>	18
Blended short rib meatloaf with country mashed potatoes and crunchy vidalia onions barbequed asparagus and port wine reduction	
<b>Shepherd's Pie *</b>	17
Seasoned ground beef with peas, carrots, and onions, topped with Yukon gold country mashed potatoes	
<b>Panko Crusted Vodka Chicken</b>	18
Breaded chicken cutlet smothered in vodka sauce, topped with Parmesan cheese over linguine	
<b>Penne a la Vodka</b>	13
Tomato cream sauce with prosciutto di parma, finished with triple distilled vodka Add marinated grilled chicken...\$5	
<b>Cavatelli &amp; Broccoli</b>	13
With sautéed broccoli, roasted garlic, olive oil, and white wine	
<b>Wok Seared Salmon</b>	24
Scallion fried rice with soybeans, carrots, and mushrooms, Indonesian sweet black soy and pan roasted asparagus	
<b>Creole Shrimp *</b>	19
Creole dusted jumbo shrimp over creamy risotto and roasted asparagus	
<b>Center Cut Filet Mignon *</b>	29
8 oz. filet with grilled asparagus and country mashed potatoes Port wine demi-glace	
<b>Beer Braised Short Rib</b>	20
Boneless beef shortrib slow cooked and served over mashed potatoes with seasonal vegetables Pan Au Jus	

\* = Gluten Free Option

## KIDS

*Our kids meals are all served with a choice of...  
French fries or vegetables and a scoop of your favorite ice cream*

**Crispy Chicken Tenders-\$7**

Honey mustard

**Mini Burger Duet-\$8**

Plain or with cheese

**Mac & Cheese-\$6**

**Mozzarella Sticks-\$6**

Marinara dipping sauce

**Kids Pasta-\$6**

Tomato or butter sauce

**Grilled Cheese-\$6**

**Chicken Quesadilla -\$7**

Salsa and Sour Cream

**Kids Pizza-\$7**

**Kids Strip Steak - \$12**

### SIDES

### SOUP -6

### BEVERAGES

### ESPRESSO BAR

Seasonal vegetables	\$5	<b>French Onion Soup</b>	Brewed Iced Tea	\$3	Single Espresso	\$4
Roasted asparagus	\$6	Made with 3-onions & a cheese glazed croûton	Lemonade	\$3	Double Espresso	\$5
Jasmine rice	\$4	<b>Chicken Noodle Soup</b>	Soft Drinks	\$3	Cappuccino	\$4.5
Homemade coleslaw	\$5	Slow cooked with chicken	Iced Coffee	\$3	Latte	\$5
Mac & Cheese	\$5	<b>Featured Soup</b>	Coffee	\$3	Macchiato	\$5
French fries	\$6	Inquire with server	Assorted Teas	\$3		
Sweet potato fries	\$6		Small Bottled Water	\$3.5		
Country mashed potatoes	\$6		Lg. Bottled Water	\$5.5		
Steamed broccoli	\$4		Sm. Sparkling Water	\$3.5		
			Lg. Sparkling Water	\$5.5		

Menu Updated January 4th, 2019

100% Satisfaction Guaranteed. We source local and organic products when possible. Prices and menu items may be subject to change. We use vegetable based oils in these menu items. If you are allergic to nuts or any other foods, please let us know there as there are items with nuts. Thank you!