



Sandwich of the Week 16

SOUPS

Seasonal 10/13

Lentil & Kale **GF** ✓ 10/13
spring peas

Maryland Crab **GF** 14/19

SALADS

Cape **GF** ✓ 12/16
local lettuces, walnuts, bleu cheese,
cranberries, cranberry dressing

Cosmos Club **GF** ✓ 12/16
green olives, parmesan, carrots, gruyere, tomatoes,
cucumbers, broccoli, balsamic vinaigrette

Caesar 12/16
white anchovies, focaccia croutons,
shaved Reggiano

Greek **GF** ✓ 12/16
gem lettuce, pickled onion, feta, cucumber, pickled
peppers, olives, red wine vinaigrette

Strawberry **GF** ✓ 12/16
local tomatoes, citrus goat cheese,
local lettuces, fig gastrique

Three Bean **GF** ✓ 12/16
coriander spiced chickpeas, cannellini bean,
haricot verts, shaved fennel, chevre,
tarragon-champagne dressing

Soup & Salad 17
a cup of soup and half size portion
of any starter salad

SALAD ACCOMPANIMENTS (all GF):

Organic Chicken Breast 11

Grilled Shrimp (5) 15

Grilled Atlantic Salmon 14

Grilled Hanger Steak 14

Chicken Salad 7

Tuna Salad 7

Shrimp Salad 10

SPRING SALADS

Cobb **GF** 21/28

baby greens, diced chicken breast, bacon, avocado,
bleu cheese, egg, tomatoes, red onions, balsamic vinaigrette

CC Fitness Center Lemon & Pepper Shrimp **GF** 34
golden beets, local lettuces, radish, shaved fennel, asparagus,
hard-boiled egg, orange & pepper vinaigrette

Chilled Maine Lobster **GF** 42

local lettuces, haricot verts, pesto-tomatoes, radish,
chevre, red wine vinaigrette

ADD A CUP OF SOUP 4

SANDWICHES

Classic Reuben 18

locally sourced corned beef or turkey, apple cider sauerkraut,
swiss cheese, russian dressing, griddle rye

Beer Battered Crispy Mushroom ✓ 15

gochugaru marinated tofu, vegan mayo, butter pickles,
sesame cabbage, ciabatta

Smoked Scottish Salmon Tartine 18

grilled multigrain, dill crème fraiche, gribiche

“Pat La Freida” Burger 18

angus beef, lettuce, tomato, pickle, brioche roll
(choice of cheddar, bleu, swiss, american, or provolone cheese)

Curried Chicken Salad Wrap 15

shredded carrots, golden raisins, wheat wrap

Twin Salad 17

choice of chicken, tuna, or shrimp salad (select 2)
on multigrain bread

All-Natural Turkey Club 17

turkey breast, bacon, lettuce, tomato, sourdough bread

Baltimore Style Jumbo Crab Cake 39

brioche bun, lettuce, tomato, pickle, tartar sauce

PLEASE CHOOSE ONE WITH YOUR SANDWICH:

french fries, rosemary-parmesan fries, cole-slaw,
haricot verts, petite garden salad, fruit

MAIN COURSE

Catch of the Day MP

Atlantic Salmon **GF** 32

sugar snap peas, salsify, carrots, spring tomatoes,
matelote sauce

Grilled Hanger Steak **GF** 33

rosemary wedge fries, sweet onion soubise, gremolata

Forest Mushroom & Gruyere Omelet **GF** ✓ 17

artisan greens

Comfort Food Weekly Special 28

Turmeric Cauliflower Steak **GF** 26

puffed quinoa, pickled shallots, pomegranate-parsley salsa

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.