

PASTA 'S W/Focaccia bread

[Add house, Caesar Salad or cup of Soup +\$4]

FETTUCCINI ALFREDO \$13 [w/parmesan cheese]

[Add Chicken \$5, Prawns \$7, Salmon, or Steak \$10]

LOADED MAC & CHEESE \$16

W/bacon, diced tomatoes, sour cream & green onions

SPAGHETTI & MEATBALLS \$16 [Add cheese +\$3]

TORTELLINI PESTO \$16

W/sun-dried tomatoes & smoked bacon, w/parmesan

CHIPTOLE CHICKEN & BACON \$17 [w/broccoli]

PENNE CON POLLO \$17

Chicken & bacon w/sherry glazed garlic cream sauce & zucchini-

JAMBALAYA FETTUCCINI \$21

Chicken, Shrimp, Prawns, Andouille sausage, tomatoes, green peppers, green onions & black olives

SEAFOOD RIGATONI \$21 [W/mozzarella cheese]

Crab, Salmon, Bay Shrimp & Garlic Prawns w/lemon cream sauce

ENTREES [Add House, Caesar Salad or cup of soup +\$4]

FISH & CHIPS \$17 [w/Fries]

[Add Sweet Potato, Garlic Fries or Onion Rings +\$2]

COCONUT SHRIMP \$18 [w/Fries & coleslaw]

[Add Sweet Potato, Garlic Fries or Onion Rings +\$2]

GRILLED SALMON or MAHI \$20

W/Risotto & fresh vegetables

[SALMON FLORENTINE \$23]

TRI-TIP \$23

W/mashed potatoes & fresh vegetables

[Add: loaded mashed potatoes \$3 or Garlic Prawns \$7]

NEW YORK or RIB-EYE \$26

W/mashed potatoes & fresh vegetables

[Add: loaded mashed potatoes \$3 or Garlic Prawns \$7]

PRIME RIB \$28 [12oz cut]

W/mashed potatoes & fresh vegetables

[Add: loaded mashed potatoes \$3 or Garlic Prawns \$7]

Boardwalk Lite

A healthy twist on some of your favorites

Order your favorite burger or sandwich "Healthy Style" by skipping the bread/bun, switch it up to a lettuce wrap, and get the sauce on the side. Substitute your fries for a small house salad, or steamed vegetables.

Protein Power Bowls

[Base options: Lettuce or mashed potatoes]

Chipotle Chicken Bowl \$14 [Pick your base]

Black beans, corn, tomatoes, cilantro, green onions, w/salsa

Burger Bowl \$14 [Pick your base]

Choice of cheese (Swiss, Cheddar, Spicy Jack, or Blue Cheese), tomatoes, pickles & grilled onions.

Seared Ahi Bowl \$18 [Pick your base] w/creamy wasabi Cucumbers, cabbage, mandarin oranges, toasted almonds

Gluten Free, Vegan Tacos \$14 [3 served on corn tortilla]

Grilled vegetables & onions, black beans topped with shredded cabbage & tomatoes

20/30 Approved Meals "Delta Valley Health Club"

Fast Track approved <http://www.deltavac.com>

Seasoned Beef & Veggie Sautee \$13

Sautee Cabbage, spinach, tomatoes, onions, asparagus & lean ground beef sautéed lightly & w/salt, pepper & garlic

Lettuce Wrap Tacos \$16

Prawns & Bay Shrimp, tomatoes, onions & cabbage

Shrimp Salad \$16 lemons on the side

Prawns, celery, red onion, w/red wine vinegar

NY Steak & Veggies \$25 [10oz]

Sautéed spinach, cabbage, tomato, onion & asparagus.

[Veggies are subject to availability & season]

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Desserts

Caramel or Oreo Churros \$8 W/vanilla ice cream

Chocolate Chip Cookie Sundae \$9

Brownie Sundae \$8

Cheese Cake Wrap \$8 [drizzled w/ raspberry sauce]

Cheesecake wrapped in a tortilla, fried & topped w/sugar & Ice Cream

Hot Fudge Sundae \$7 Whipped cream, nuts, w/ cherry on top

Milk Shake \$6 topped with whipped cream

[Add candy toppings +\$1 each: - Kit Kat, Whoppers, recess, Heath & Hershey]

Beverages \$4

Coke, Diet, Lemonade, Sprite, Root beer, Mr. Pibb, S.Pellegrino

Ice Tea [reg] or Raspberry [Bottled Water \$2]

ROOT BEER FLOAT \$6

Juice sm \$3 Large \$4: Apple, OJ, Cranberry, Grapefruit, Pineapple, Tomato, Milk

Coffee \$3.00, Hot Tea, Hot Chocolate

JUST for KIDS \$7

[w/choice of fries, fruit or Lays Chips]

Grilled Cheese

Kid's Quesadilla

Chicken Fingers

Kid's Burger just the way kid's like it! Just meat & bun

All BEEF HOTDOG just the way kid's like it! Just meat & bun

Fish & chips crispy cod [+\$1.00]

Below kids items does **NOT** include sides

Kids Pasta marinara sauce with cheese

Kid's Pizza Focaccia bread topped w/marinara sauce & mozzarella cheese or add pepperoni

TAKEOUT SPECIALS

Feeds 4

4 All BEEF HOTDOG on French Roll w/L w/Lays Chips....**\$25.00**

Mustard, ketchup, pickles & onions

[Get it bacon-wrapped +\$2 each or add cheese +\$2each] [SUB Fries, or Onion Rings +\$2each]

4 ORIGINAL BURGER's with Seasoned Fries....**\$35.00**

Lettuce, tomato, pickle w/house dressing

[add cheese \$2 each, bacon \$2 each]

- Add Sweet Potato, Garlic fries, or onion rings +\$2 each. Add cup of soup, Caesar Salad or house salad +\$4 each.

SPAGHETTI & MEATBALLS W/Focaccia bread & Casear salad **\$48.00**

[Add cheese +\$6]

Feeds 2

2 TRI-TIP SANDWICH with Seasoned Fries **\$28.00**

[add: peppers + onions \$2 each or cheese \$2 each] BBQ tri-tip on a hoagie roll w/BBQ sauce on side

2 CHEESESTEAK with Seasoned Fries **\$29.00**

Sautéed bell peppers + onions w/Provolone cheese

Add Sweet Potato, Garlic fries, or onion rings +\$2 each. Add cup of soup, Caesar Salad or house salad +\$4 each.

2 TRI-TIP Entrees W/mashed potatoes & fresh vegetables **\$39.00**

[Add: loaded mashed potatoes \$3 each or Garlic Prawns \$7 each]

[Add House, Caesar Salad or cup of soup +\$4 each]

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