



# LUNCH

## SALADS

ASIAN SESAME, ATHENA FETA, BACON TOMATO, BALSAMIC, BLEU CHEESE, BLUEBERRY VINAIGRETTE, CAESAR, HONEY CHIA, HONEY MUSTARD, RANCH, 1000 ISLAND, OIL & VINEGAR

### BLUEBERRY FIELDS SALAD \$10.99

(add chicken + \$4.59 add salmon + \$5.99)

Spinach, arugula, blueberries, pickled red onion, feta, cucumber, mandarin oranges, sunflower seeds  
blueberry vinaigrette

### ALLY'S HOUSE SALAD \$9.99

(add chicken + \$4.59 add salmon + \$5.99)

Romaine, pepper jack, carrots, black olives, tomatoes, sunflower seeds. Your choice of dressing on the side

### ASIAN SESAME SALAD \$12.99

Romaine, grilled chicken, carrots, crunchy noodles, water chestnuts, sunflower seeds, Asian sesame dressing

### BRAIN POWER SALAD \$10.99 \*Contains nuts\*

(add chicken + \$4.59 add salmon + \$5.99)

Romaine, spinach, feta, onion, avocado, walnuts, blueberries, honey chia dressing

### CHICKEN CAESAR SALAD \$10.99

Romaine, Parmesan, grilled chicken, croutons.  
Tossed in Caesar dressing

### COBB SALAD \$13.99

Romaine, grilled chicken, bacon, bleu cheese crumbles, tomato, hard boiled egg, avocado, chives.  
Your choice of dressing on the side

### MEDITERRANEAN CHOP \$10.99

(add chicken + \$4.59 add salmon + \$5.99)

Romaine, feta, black olives, tomatoes, onion, red peppers, artichoke hearts. Tossed in Athena feta dressing

## SALAD ADDITIONS:

DILLED CHICKEN SALAD.....	\$3.99
WALDORF TUNA SALAD.....	\$3.99
BACON.....	\$1.99
AVOCADO.....	\$1.49
HARD BOILED EGG.....	\$0.99
EXTRA DRESSING.....	\$0.75

## SANDWICHES

SERVED WITH KETTLE CHIPS OR APPLE SLICES

### ALLY'S CLUB \$15.99

Ham, Boar's Head oven gold turkey, bacon, swiss, mayo provolone, tomato, lettuce, bacon-tomato dressing.  
Choice of toasted white, wheat, or marble rye bread

### DILLED CHICKEN \$10.99

Our home made dilled chicken salad, swiss, tomato sunflower seeds, lettuce, mayo.  
Choice of white, wheat, or marble rye bread

### TURKEY CLUB CROISSANT \$12.99

Boar's Head oven gold turkey, bacon, cheddar, avocado, lettuce, tomato, mayo, croissant

### WALDORF TUNA \$10.99 \*Contains nuts\*

Our home made tuna salad (celery, apples, walnuts), swiss, tomato, sunflower seeds, lettuce, mayo.  
Choice of white, wheat, or marble rye bread

## 9" PIZZAS

CAULIFLOWER CRUST +\$2.00 (GF)

### BBQ CHICKEN \$12.99

Grilled chicken, bacon, mozzarella, onion, bbq sauce, topped with chives

### CLASSIC DELUXE \$13.99

Sausage, pepperoni, mozzarella, green pepper, black olive, onion, mushroom, pizza sauce

### GARLIC CHICKEN \$12.99

Grilled chicken, bacon, mozzarella, garlic spread, topped with chives

### MARGHERITA \$10.99

Mozzarella, parmesan, tomato, pizza sauce, topped with fresh basil

## GLUTEN FREE OPTIONS

GLUTEN FREE BREAD: +\$2.00

GLUTEN FREE TORTILLA: +\$1.00

GLUTEN FREE PIZZA CRUST: +\$2.00

\*SEPARATE EQUIPMENT NOT AVAILABLE FOR PIZZAS\*

# COLD WRAPS

SERVED WITH KETTLE CHIPS OR APPLE SLICES

## GARDEN VEGGIE \$10.99

Spinach tortilla, romaine, cucumber, avocado, tomato, carrots, sunflower seeds, roasted red pepper hummus

## ASIAN SESAME \$10.99

Spinach tortilla, grilled chicken, provolone, carrots, water chestnuts, crunchy noodles, romaine, Asian sesame dressing

## BACON RANCH \$10.99

Herb garlic tortilla, grilled chicken, bacon, cheddar, tomato, romaine, ranch dressing

## CHICKEN CAESAR \$10.99

Herb garlic tortilla, grilled chicken, Parmesan, tomato, romaine, Caesar dressing

## COBB \$12.99

Herb garlic tortilla, grilled chicken, bacon, bleu cheese, hard boiled egg, tomato, avocado, chives, romaine, ranch dressing

## TURKEY BACON \$10.99

Jalapeño cheddar tortilla, Boar’s Head oven gold turkey, bacon, cheddar, onion, tomato, romaine, mayo, bacon-tomato dressing

# GRILLED WRAPS

SERVED WITH KETTLE CHIPS OR APPLE SLICES

## BUFFALO CHICKEN \$11.99

Jalapeño cheddar tortilla, grilled chicken, pepper jack, coleslaw, romaine, buffalo sauce, ranch dressing

## CUBAN \$11.99

Jalapeño cheddar tortilla, pulled pork, pepper jack, pickles, French’s fried onions, honey mustard dressing

## FIREPIT \$11.99

Jalapeño cheddar tortilla, grilled chicken, pepper jack, onion, black beans, cilantro, BBQ sauce

## SOUTH OF THE BORDER \$11.99

Jalapeño cheddar tortilla, grilled chicken, bacon, pepper jack, sour cream, salsa

# PANINIS

SERVED WITH KETTLE CHIPS OR APPLE SLICES

## TURKEY & BRIE \$ 13.99

Boar’s Head oven gold turkey, red wine braised cranberry compote, brie cheese, arugula, bacon.  
Grilled on panini bread

## CHICKEN CAPRI \$11.99 *\*Contains nuts\**

Grilled chicken, provolone, tomato, spinach, basil, pesto mayo. Grilled on panini bread

## GARLIC CHICKEN \$11.99

Grilled chicken, bacon, provolone, home made garlic spread. Grilled on panini bread

## GRILLED VEGETARIAN \$11.99 *\*Contains nuts\**

Eggplant, feta, onion, red pepper, sun-dried tomato pesto, balsamic glaze, pesto mayo. Grilled on panini bread

## NUMBER 4 \$13.99

Grilled chicken, bacon, provolone, avocado, chipotle mayo, French’s fried onions.  
Grilled on a pretzel bun

## PULLED PORK \$13.99

Pulled pork, cheddar, coleslaw, French’s fried onions, BBQ sauce. Grilled on a brioche bun

## REUBEN \$14.99

Our home made Corned beef, swiss, sauerkraut, 1000 island dressing. Grilled on marble rye bread

## WOODLANDS PRIME RIB \$15.99

Sliced prime rib, brewpub mustard, provolone, French’s fried onions, mushroom duxelles, arugula.  
Grilled on a brioche bun

# SMOOTHIES

## \$5.99

STRAWBERRY BREEZE  
BANANA BERRY  
BLUEBERRY COZUMEL  
GREEN GIANT  
STRAWBERRY COCONUT  
BANANA SPLIT  
BANANA BOAT  
PEACH BLISS

Just a little fine print...

\$1.99 charge will be added for split plates  
(but each plate gets a side!)

Consumer Warning: Consuming raw or undercooked food can increase risk of illness