

**GS** Denotes a dish that is made without gluten or can be made gluten friendly

**V** Denotes a dish that is vegetarian or can be made vegetarian

## SMALL PLATES

**GS** **Shrimp Cocktail** (Kcal: 140 | Sodium: 1030 mg | Carbs: 25g | Pro: 11g) 6 | 9  
Poached and chilled shrimp served with cabbage, lemon and cocktail sauce.

**Chicken Wings (8)** (Kcal.140 | Sodium 1030 mg | Carbs 25g | Pro: 5g) 7 | 10  
Choice of buffalo, BBQ, salt & pepper, salt and vinegar; served with carrots and celery and ranch or bleu cheese.

**GS** **Salmon Bites\*** (Kcal.273 | Sodium 395 mg | Carbs 29g | Pro: 43g) 11 | 14  
Tender pieces of salmon seasoned with lime salt and brown sugar and seared medium rare. Make it a bowl; half the protein and served with rice and broccoli. Bowl: 8.5 | 11.5

**GS** **Steak Bites\*** (Kcal.273 | Sodium 395 mg | Carbs 29g | Pro: 49g) 11 | 14  
Steak pieces seared medium rare and served with a sweet and spicy dipping sauce. Make it a bowl; half the protein and served with rice and broccoli).

**GS** **V Crudit ** (Kcal. 195 | Sodium 268mg | Carbs 36g | Pro: 0g) 3 | 6  
Raw carrots, celery, cucumbers and bell peppers; served with ranch or bleu cheese.

## SOUP DU JOUR

Cup 2 | 4 Bowl 3.25 | 6.25

## SALADS (Nutritional information based on small salad)

**GS** **Baby Romaine Caesar Salad\*** (Kcal. 223 | Sodium 172mg | Carbs 7g | Pro: 21g) Small 2.50 | 5.50  
Romaine lettuce, bacon, croutons, parmesan crisp, tomatoes with Caesar dressing. Large 4.50 | 7.50

**GS** **V Syren's Grille Salad** (Kcal. 393 | Sodium 137mg | Carbs 33g | Pro: 8.5g) Small 2.75 | 5.75  
Mixed greens, apples, strawberries, cranberries, feta, candied walnuts, and Large 4.75 | 7.75  
champagne vinaigrette.

**GS** **Spinach Salad** (Kcal. 323 | Sodium 160mg | Carbs 12g | Pro: 31.5g) Small 3 | 6  
Spinach tossed with bacon, red onion, hard boiled egg, lemon vinaigrette dressing. Large 5 | 8

**GS** **V Wedge Salad** (Kcal.: 471 | Sodium: 880mg | Carbs: 13g | Pro: 11.5 g) Small 2.75 | 5.75  
Romaine heart, tomatoes, Bleu cheese crumbles, bacon, red onion, bleu cheese dressing Large 4.5 | 7.5

**GS** **V House Salad** Small 2.25 | 5.25  
Romaine lettuce, tomatoes, carrots, cucumbers, croutons, dressing of choice Large 4.25 | 7.25

**Soup Salad Combo** 5.5 | 8.5

A cup of our soup du jour and choice of a small salad above.

## ADD-ONS

Chicken 4 | 7 Shrimp 5 | 8 Salmon 9 | 12 Tofu 2 | 5 Avocado .75 | 1.5 Steak 6 | 9

**GS** **V SANDWICHES** Most sandwiches/tacos can be made vegetarian and/or with gluten free bread/bun or lettuce wrap. *All sandwiches come with choice of soup, salad or side.*

**Burger Bar\*** (make it a patty melt, rye bread, burger, caramelized onions, Swiss cheese, 1000 island) 6.5 | 9.5

Beef (Kcal. 756 | Sodium 1140mg | Carbs 48g | Pro: 40g) Chicken (Kcal. 512 | Sodium 1088mg | Carbs 48g | Pro: 15g)

Impossible (Kcal. 738 | Sodium 1349mg | Carbs 65g | Pro: 14g) Black Bean (Kcal. 681 | Sodium 1089mg | Carbs 66g | Pro: 14g)

**Extra Patty:** 3 | 7 **Add bacon** +1. **Add avocado** +.75

-Tomato -Lettuce -Cheddar or Swiss Cheese -Aioli -Mustard -Ketchup -Mayo

-Onion -Pickles

**Meatball Sub** (Kcal: 522 | Sodium: 769mg | Carbs: 13g | Pro: 40g) 7 | 10

French roll topped with pork and beef meatballs, marinara sauce and Italian cheeses and toasted

**French Dip** (Kcal: 460 | Sodium: 879mg | Carbs: 33g | Pro: 16g) 7 | 10

Tender sliced beef on a French roll, topped with horseradish cr me fraiche; add Swiss cheese and grilled onions for 1 | 2

**Crispy Chicken Wrap** (Kcal: 984 | Sodium: 1959mg | Carbs: 81g | Pro: 34g) 6 | 9

Large flour tortilla stuffed with crispy chicken, romaine lettuce, tomato, bacon, cheddar cheese and honey mustard

**Build Your Own Sandwich** (nutritional's based on selection)

Bread: white, wheat, sourdough or rye, roll

Condiments: tomato-balsamic aioli, mustard, mayonnaise

Meat: turkey breast, black forest ham, bacon, egg salad, tuna salad

Cheese: cheddar and Swiss

Fixings: lettuce, tomato, sliced onion, pickle, cucumber, avocado \$.75

Full Sandwich 6 | 8  
Half Sandwich 4.5 | 6.5



Denotes a dish that is made without gluten or can be made gluten friendly



Denotes a dish that is vegetarian or can be made vegetarian

Denotes a dish that can be made heart healthy



**PASTA** all pastas can be made with gluten free pasta and/or vegetarian and all pasta dishes served with garlic bread and choice of one side or salad for additional cost (nutritional's vary based on choices).

### Build Your Own Pasta

Half Order 5 | 8 Full 7 | 10

Choice of one sauce: pesto, marinara, red meat sauce (2 | 5), alfredo, white-wine butter, cheese sauce, OR scampi

Choice of one noodle: spaghetti, penne, linguine, whole-wheat or gluten-free pasta.

### ADD-ONS

Chicken 4 | 7 Shrimp 5 | 8 Salmon 9 | 12 Tofu 2 | 5 Chicken Parm 5 | 8 Meatballs 5 | 8

### ENTRÉE

**Bacon wrapped Tenderloin** (Kcal.: 380 | sodium: 380mg | Carbs: 28g | Pro: 39.5g) 7 | 10  
Seasoned pork tenderloin, wrapped in bacon and topped with an apple butter and served with a choice of starch and vegetable.

**Lamb Bolognese** (Kcal.: 480 | sodium 767mg | Carbs 38g | Pro: 26g) 7 | 10  
Ground lamb slow stewed with onion, garlic, mushrooms, carrots, diced tomatoes, celery, tomato sauce, chicken stock, basil, oregano, salt and pepper; served over a polenta cake and with a choice of vegetable

**Flat Iron Steak\*** (Kcal. 809 | sodium 196mg | carbs 39g | pro: 39g) 11 | 14  
Five ounce steak cooked to order, seasoned with salt and pepper and topped with herb compound butter; served with a choice of starch and vegetable.

**King Salmon\*** (Kcal. 410 | sodium 88mg | Carbs 2g | Pro: 40g) 12 | 15  
Six ounce Una King Salmon pan-seared to order and finished with lemon; served with choice of starch and vegetable.

**Chicken Piccata** (kcal. 524 | sodium 305mg | carbs 29.5g | pro: 38g) 7 | 10  
Chicken breast lightly dredged with gluten free flour, seasoned with salt and pepper and topped with a lemon-caper sauce and served with a choice of starch and vegetable

**Fish and Chips** (Three piece: Kcal. 750 | sodium 1600mg | Carbs 70g | Pro: 43g) *Substitute both sides for salad* Two piece 5.5 | 8.5  
House-made beer-battered cod; served with fries, coleslaw, and tartar sauce. Three piece 7.5 | 10.5

**Honey Walnut Shrimp** (Kcal. 615 | sodium 816mg. | carbs 23mg | Pro: 26g) Half Order 6.5 | 9.5 Full 9.5 | 12.5  
Breaded corkscrew shrimp, fried and tossed in a sweet and tangy sauce (mayo, honey, orange juice, sweet chili sauce); served with basmati rice and choice of one side.

**Meatloaf** (Half: kcal: 510 | Sodium: 785mg | Carbs: 17g | Pro: 51g) Half Order 6.5 | 9.5 Full 9.5 | 12.5  
Ground beef mixed with sautéed onions, garlic, and green bell pepper, mixed with egg, breadcrumbs and thyme, baked and topped with BBQ Bourbon Sauce; served with choice of starch and vegetable.

**Cheese Pizza or Build Your Own Pizza** (Kcal.: 903 | sodium: 1608mg. | carbs: 71mg | Pro: 53g) 6+ | 9+  
Cauliflower, pinsa flatbread or vegan pizza crust with marinara and Italian cheese; choose up to three toppings, \$.50 each. Topping choices: Italian sausage, salami, ham, pepperoni, bacon, bell pepper, spinach, olives, chickpeas, onion, mushrooms, tomatoes, squash, pineapple, extra cheese, artichokes; choice of one side.

**Trout Piccata** (Kcal.: 362 Sodium: 159mg Carbs: 5g Pro: 35g) 8 | 11  
Lightly dredged with gluten free flour 6 ounce Rainbow Trout filet, pan fried and topped with a lemon-caper, butter sauce; served with choice of starch and vegetable.

**Fried Calamari** (Kcal. 444 | sodium 800mg | Carbs 34g | Pro: 37g) Half 5 | 8 Full 7 | 10  
Fried tentacles and tubes served with lemon and a citrus aioli; choice of soup, salad or side.

### SIDES 1.5 | 2.5

- |                         |                          |                    |
|-------------------------|--------------------------|--------------------|
| cup of soup             | coleslaw                 | baked sweet potato |
| seasonal vegetable      | sautéed mushrooms        | baked potato       |
| sautéed seasonal squash | steamed green beans      | basmati rice       |
| steamed broccoli        | fruit cup                | cauliflower rice   |
| steamed carrots         | potato chips             | quinoa             |
| steamed corn            | mashed yukon gold potato | polenta cake       |
| tator tots              | carrot fries             |                    |
| steamed spinach         | fries                    |                    |
| steamed peas            |                          |                    |

*Asterisk \* denotes items that can be cooked to your specification. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*