

# Lunch Menu



## Spoons

**HOMEMADE BAKED FRENCH ONION** 7.55 / add garlic toast 2.25

**SOUP OF THE DAY** cup 3.25 • bowl 4.75 / add garlic toast 2.25

## Forks

### CRAB SALAD

Tossed salad with chunks of crab, tomatoes, olives, cucumber, mozzarella cheese and our creamy dressing

**half order 8.75 • full order 14.25**

### GREEK SALAD

Feta cheese, tomatoes, cucumbers, onions, and kalamata olives, tossed with romaine lettuce and our own greek dressing

**half order 8.75 • full order 14.25**

### TOSSED SALAD

Mixed lettuce with red cabbage, celery, radish and carrots. Your choice of dressing **4.50**

### MOUNTAIN BERRY SALAD

Fresh greens tossed in a raspberry vinaigrette dressing with red onion, crumbled goat cheese, candied pecans and fresh berries

**half order 8.75 • full order 14.25**

### CAESAR SALAD

Romaine lettuce with croutons, bacon bits and parmesan cheese tossed with Mountain's own caesar dressing

**half order 7.50 • full order 11.25**

### CHEF SALAD

Tossed salad with mushrooms, green peppers, olives, pineapple, tomatoes and ham.

Topped with an egg and sprinkle of cheese, served with your choice of dressing

**half order 8.75 • full order 14.25**

### THE MOUNTAIN CHICKEN CAESAR SALAD

Your choice of **cajun** or **traditional** **14.75**

### SALAD/SOUP/GARLIC TOAST


Choice of caesar, tossed, berry, greek or crab salad with a bowl of daily soup & garlic toast **12.25**

**upgrade soup to homemade baked french onion add 2.50**

### SALAD ADD ONS

**Crab • Chicken Breast 4.50**

All **full** salads come with garlic toast

 \* **Gluten Free Option Available Upon Request**



# Mains

upgrade any lunch main tossed salad to a caesar, greek or berry for 2.50  
upgrade cup of soup to bowl for 1.25

## MOUNTAIN PIZZA SPECIAL

6" pizza of your choice served with tossed or caesar or cup of soup **11.95**

## AAA ANGUS TOP SIRLOIN

(6 oz. - 170 g) **19.75**

With mushroom topper and choice of baked potato, baked tomato or spaghetti and garlic toast

## BEEF STEAK MELT

Strips of beef sautéed with green peppers, onions and spice. Baked on a crusty bun with mozza, cheddar and chipotle mayo. Served with cup of soup or tossed salad **13.45**

add au jus 1.25

## BAKED LASAGNA

With cheese **11.45**

add 2 meatballs 1.50

## SPAGHETTI BOLOGNESE

With cheese **11.45**

add 2 meatballs 1.50

## ITALIAN LOAF

Stuffed with back bacon, pepperoni, salami and rings of onions covered with mozzarella cheese and baked until golden brown **11.45**

add meat sauce dip 2.25

## CHICKEN QUESADILLA

Mushroom, green pepper, green onion, tomatoes, mozza and cheddar cheese. Served with cup of soup or tossed salad **12.95**

## SEAFOOD CROISSANT

Croissant stuffed with crab, shrimp, onions, lettuce and our creamy dressing served with cup of soup or tossed salad **12.25**

## GRILLED CHICKEN BREAST CROISSANT

Croissant stuffed with grilled chicken, onions, lettuce and our creamy dressing served with cup of soup or tossed salad **13.25**

## SEAFOOD WRAP

Shrimp, crab, green onions, celery filling with lemon pepper spice. Served with cup of soup or tossed salad **13.25**

## CHICKEN SOUVLAKI

Tender cubes of chicken on a skewer broiled and served with greek salad or caesar salad **14.25**

## GREEK CHICKEN WRAP

Olives, feta, cucumbers, onions, tzatziki sauce and lettuce. Served with cup of soup or tossed salad **13.25**

## CHOMP SUB

Chicken, ham, onion, mozza and pineapple baked on a sub bun with our own caesar mayo, served with cup of soup or tossed salad **13.25**

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\* **Cacciatore Sauce** sauteed fresh vegetables in a tomato basil sauce

\* **Bolognese** meat sauce

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