

LUNCH

SPOONS

**HOMEMADE BAKED
FRENCH ONION SOUP 8.25**
add garlic toast 2.50

SOUP OF THE DAY
cup 3.75 • bowl 5.75
add garlic toast 2.50

SIGNATURE SALADS

CRAB SALAD

Tossed salad with crab, tomatoes,
olives, cucumber, mozzarella cheese
and our creamy dressing
half order 9.55 • full order 15.55

MOUNTAIN BERRY SALAD ^{GF}

Romaine lettuce tossed in homemade raspberry
dressing with red onion, crumbled goat cheese,
candied pecans and fresh berries
half order 9.10 • full order 15.55

GREEK SALAD ^{GF}

Feta cheese, tomatoes, cucumbers,
onions, and kalamata olives, tossed with
romaine lettuce and our own greek dressing
half order 9.10 • full order 15.55

CAESAR SALAD ^{GF}

Romaine lettuce with croutons, bacon bits
and parmesan cheese tossed with
Mountain's own caesar dressing
half order 8.25 • full order 12.25

TOSSED SALAD ^{GF}

Mixed lettuce with red cabbage, celery, radish
and carrots. Your choice of dressing **4.85**

THE MOUNTAIN CHICKEN

CAESAR SALAD ^{GF}

Your choice of **cajun** or **traditional** **17.25**

ADD ON'S

^{GF} Chicken 5.95 | ^{GF} Baby Shrimp 4.95 | Crab 4.95

PLEASE NOTIFY SERVER OF GLUTEN FREE REQUESTS WHEN ORDERING



LUNCH

MAINS

upgrade any tossed salad to a caesar, greek, crab or berry salad for 2.75

upgrade cup of soup to bowl for 1.50

MOUNTAIN PIZZA SPECIAL

6" pizza of your choice served with tossed or caesar or cup of soup **15.25**

AAA ANGUS TOP SIRLOIN ^{GF}

(6 oz. - 170 g) **25.15**

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

BEEF STEAK MELT

Strips of sautéed beef with green peppers, onion and spice. Baked on a crusty bun with mozza, cheddar, chipotle and au jus for dipping. Served with cup of soup or tossed salad **16.45**

BAKED LASAGNA

with cheese **13.85**
add 2 meatballs **1.90**

SPAGHETTI BOLOGNESE

with cheese **13.85**
add 2 meatballs **1.90**

ITALIAN LOAF

Stuffed with back bacon, pepperoni, salami and rings of onions covered with mozzarella cheese and baked until golden brown **14.20**

add meat sauce dip **2.75**

MOUNTAIN RIDGE BURGERS

100% pure beef patty or grilled chicken breast topped with mushrooms, smoked bacon, swiss cheese and creamy peppercorn sauce.

Served with choice of caesar or tossed salad **17.95**

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 **14.45**

CHICKEN QUESADILLA ^{GF}

With mushroom, green pepper, green onion, tomatoes, mozzarella and cheddar cheese, salsa and sour cream **15.25**

add banana peppers **1.75**

SEAFOOD CROISSANT

Croissant stuffed with crab, shrimp, onions, lettuce and our creamy dressing served with cup of soup or tossed salad **15.25**

GRILLED CHICKEN BREAST CROISSANT

Croissant stuffed with grilled chicken, onions, lettuce and our creamy dressing served with cup of soup or tossed salad **15.25**

SEAFOOD WRAP ^{GF}

Shrimp, crab, green onions, celery filling with lemon pepper spice. Served with cup of soup or tossed salad **15.25**

CHICKEN SOUVLAKI ^{GF}

Tender cubes of chicken on a skewer broiled and served with greek salad or caesar salad **17.10**

GREEK CHICKEN WRAP ^{GF}

Olives, feta, cucumbers, onions, tzatziki sauce and lettuce. Served with cup of soup or tossed salad **15.25**

CHICKEN & BRIE

Seasoned chicken breast topped with brie cheese. Served on a toasted ciabatta bun with sliced apple, fig jam and mayonnaise.

Served with choice of caesar or tossed salad **18.25**

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

* **Bolognese** meat sauce

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