

LUNCH

Celebrating 50 Years!

Est. 1975

SPOONS

**HOMEMADE BAKED
FRENCH ONION SOUP 8.70**
add garlic toast 2.55

SOUP OF THE DAY
cup 3.95 • bowl 5.95
add garlic toast 2.55

SIGNATURE SALADS

CRAB SALAD

Tossed salad with chunks of crab, tomatoes, cucumber, green pepper, red onion, mozzarella cheese and our creamy dressing
half order 9.95 • full order 16.15

GREEK SALAD

Feta cheese, tomatoes, cucumbers, onions, and kalamata olives, tossed with romaine lettuce and our own greek dressing
half order 9.65 • full order 16.15

TOSSED SALAD

Your choice of dressing **4.95**

STEAK AND GREENS

6 oz. tenderloin wrapped in a strip of bacon served with your choice of greek salad or caesar salad **26.85**

CAESAR SALAD

Romaine lettuce with croutons, bacon bits and parmesan cheese tossed with Mountain's own caesar dressing
half order 8.75 • full order 13.10

THE MOUNTAIN CHICKEN CAESAR SALAD

Your choice of cajun or traditional **18.15**

ADD ON'S

Chicken 6.50 | Shrimp 6.25 | Crab 5.15



LET'S EAT

MAINS

SEAFOOD CROISSANT

Croissant stuffed with crab, shrimp, onions, lettuce and our creamy dressing served with cup of soup or tossed salad **15.95**

GRILLED CHICKEN BREAST CROISSANT

Croissant stuffed with grilled chicken, onions, tomatoes, lettuce and our creamy dressing served with cup of soup or tossed salad **16.25**

GREEK CHICKEN WRAP

Tomatoes, feta, cucumbers, onions, tzatziki sauce and lettuce. Served with cup of soup or tossed salad **16.25**

MOUNTAINS OWN PIZZA & SALAD

6" pizza of your choice with a side caesar salad **16.25**

upgrade to a greek salad 2.75

***excluding mountain special**

SEAFOOD WRAP

Shrimp, crab, green onions, celery filling with lemon pepper spice. Served with cup of soup or tossed salad **15.95**

CHICKEN CAESAR WRAP

Romaine lettuce, bacon bits, parmesan cheese, seasoned chicken tossed in Mountain's homemade caesar dressing. Served with soup of the day **16.25**

GARDEN CROISSANT

Loaded with vegetables and sliced mozzarella cheese. Served with soup of the day or with tossed salad **15.95**

CHICKEN SOUVLAKI

Tender cubes of chicken on a skewer broiled and served with greek salad or caesar salad **18.95**

CHICKEN QUESADILLA

Mushroom, green pepper, green onion, mozza and cheddar cheese, tomatoes, salsa and sour cream. Served with cup of soup or tossed salad **15.95**
add banana pepper **1.25**

**all above orders come with tossed salad or a cup of soup
upgrade to a caesar or greek or crab salad for 3.00**

CHICKEN PARMIGIANA

Tender breast of chicken on a bed of pasta, cacciatore sauce, baked with mozzarella cheese **21.15**

BAKED LASAGNA

With cheese **14.65**
add meatballs **3.95**

ITALIAN LOAF

Stuffed with back bacon, pepperoni, salami and rings of Maui onions covered with mozzarella cheese and baked until golden brown **14.95**
add meat sauce **3.00**

VEGETARIAN SHISH KABOB

With green peppers, onions, and tomatoes, topped with mushroom caps, served with baked potato and garlic toast **14.25**

BAKED SPAGHETTI BOLOGNESE

With cheese **14.65**
add meatballs **3.95**

BTR LOAF


Stuffed with back bacon, tomatoes, green pepper, covered with feta and mozzarella **14.95**

MOUNTAIN FLAME GRILLED CLASSIC BURGER

6 oz. "AAA" Alberta angus beef, hand pressed charbroiled to perfection. Cheese, bacon, caramelized onion, arugula, aoli. **19.95**

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

* **Bolognese** meat sauce

 **GLUTEN FREE** Option Available Upon Request