



Where friends and neighbors come to gather and dine

LUNCH MENU

11:30am-3:00pm, Monday-Saturday

Last lunch seating at 2:15pm

Dine-In for coffee & dessert until 2:30pm

Delivery orders taken until 11:30am

Pick-up orders available until 2:45pm

Items that express no substitution or changed come as is and cannot be altered

All menu items include a choice of non-alcoholic beverage

Complimentary refills provided on select beverage items

Guests will be charged an additional \$2.00

HOUSE MADE SOUP: cup or bowl

Vegetable ◦ Tomato Basil ◦ Chicken Orzo ◦ Beef & Bean Chili ◦ Soup of the Week

SOUP COMBO

Choose a bowl of soup from above with a side salad or choice of half a cold sandwich
No other sides included

SALADS: starter or entree



Cranberry & Goat Cheese

Mixed greens with dried cranberries, goat cheese, chopped walnuts, diced tomato, croutons and raspberry vinaigrette

Caesar



Chopped romaine, croutons, parmesan cheese and classic caesar dressing

Chopped Wedge

Chopped iceberg lettuce with bleu cheese dressing, diced tomatoes, crumbled bacon and crumbled bleu cheese

Greek

Mixed greens with black olives, feta cheese, red onions, diced tomatoes, sliced cucumber, oregano and balsamic dressing

300 MVT Cobb



Chopped iceberg lettuce with diced tomato, hard boiled egg, bacon crumbles, bleu cheese crumbles and choice of dressing

***Add diced chicken to any entrée salad - \$1.00**

Dressings

1000 Island ◦ Ranch ◦ Italian ◦ Bleu Cheese ◦ French ◦ Caesar ◦ Raspberry Vinaigrette
Balsamic Vinaigrette ◦ Oil & Vinegar

COLD SANDWICHES

Includes (1) side item



BLT

Bacon, lettuce & tomato on your choice of toast with mayo
Add avocado

MVT Club Sandwich

Toasted triple decker sandwich cut into quarters. Layer one has sliced turkey with bacon, tomato, mayo & American cheese. The second layer has sliced ham, Swiss cheese, mayo and lettuce

Chicken Salad Club

Our house made chicken salad on a large croissant with lettuce & tomato

Roasted Vegetable Sandwich



Roasted Seasonal Vegetables, sautéed in olive oil & balsamic glaze with fresh mozzarella on a sun dried tomato focaccia bread

Turkey & Cranberry Sandwich

Roast sliced turkey on choice of bread with, lettuce, red onion & tomato on one slice, cranberry mayo on the other side

Create Your Own Deli Sandwich

Sliced turkey or ham, tuna or chicken salad with lettuce, tomato, onions; American, Swiss, Provolone or Cheddar cheese; white, wheat, marble rye bread; hoagie or wrap



Nuts



Heart Smart



Eggs



Gluten Free



Gluten



Lactose



Vegetarian

HOT SANDWICHES

Includes (1) side item



Philly Steak Sandwich

Grilled & chopped steak, served on a hoagie roll with mayo, sautéed onion, peppers & mushrooms with melted provolone cheese

Mediterranean Chicken Sandwich



Grilled chicken breast, served on sun dried tomato focaccia bread with fresh mozzarella, tomato, lettuce, red onion and pesto mayo

Classic Grilled Cheese or Pimiento Grilled Cheese

Choice of cheese, melted on your choice of grilled bread.

Add: Bacon, Ham, Avocado or Tomato

Classic Tuna Melt

Tuna salad on grilled marble rye with American cheese and sweet pickles

Fried BBQ Chicken Sandwich

Deep fried chicken tenders on a hoagie roll with mayo, lettuce, tomato & red onions with cheddar & BBQ sauce

BBQ Pork Sliders

Three biscuit sliders with pulled BBQ pork, topped with slaw and sweet pickles

Warm Roasted Beet & Goat Cheese



Roasted beets, goat cheese on a wheat bun with red onions, cucumber, mixed greens and a lemon, ginger & honey spread.

Chicken Quesadilla

Grilled tortilla with onions, peppers, cheddar cheese & chicken, served with salsa & sour cream
Add spinach

HOTS & HAMS

Includes (1) side item



Hamburger or Cheeseburger

Includes lettuce, tomato, onion, pickle & condiment, served on flour or wheat bun

Dog-On-It

Classic all-beef, Kosher hot dog on flour hot dog bun

Patty Melt

Grilled burger on grilled marble rye with melted Swiss cheese, 1000 island dressing & caramelized onions

Grilled Pesto Turkey Burgers



Lean turkey patty, served on a wheat bun with pesto sauce, mozzarella & field greens

Black Bean Burger



Grilled bean patty, served with avocado cream spread on a wheat bun with sliced cucumbers, lettuce, tomato & red onions

Add toppings to any sandwich

bacon • fried egg • avocado • slaw • chili • cheddar



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ENTREE'S

Includes (1) side items

Chicken Finger Basket

Fried chicken tenders, served with coleslaw & bbq sauce

Meatloaf

Made with ground beef & pork sausage, cream of mushroom soup, served with mushroom gravy on the side

Battered or Broiled Cod Basket

Battered or broiled cod fish with hush puppies, lemon & tartar sauce

Lasagna

Layers of ground beef & pork sausage, layered between lasagna noodles with Ricotta, shredded Parmesan cheese & marinara sauce, served with garlic bread

All entrées served with a choice of (1) side item

VEGETARIAN ENTRÉE'S

No side items included

Vegetable Stir Fry

Brown rice topped with soy & ginger wok fried vegetables & sesame seeds

Pasta Primavera

Tri-colored cheese filled tortellini with broccoli, cauliflower, zucchini, squash, carrots, mushrooms & asparagus in a pesto cream sauce; served with garlic toast

Eggplant & Mushrooms Baked in Marinara Sauce

Breaded eggplant with mushrooms baked in marinara sauce and topped with fresh mozzarella, served over spaghetti; served with garlic toast

Roasted Brussel Sprouts & Sweet Potato Bowl

Served over wilted spinach with a honey Dijon & sesame sauce

Vegetable Plate

Choose (4) vegetable side items & (1) starch item

Add diced chicken to any of the above - \$1.00

REGULAR SIDE ITEMS

French Fries ◦ Potato Chips ◦ Mashed Potatoes
White Rice ◦ Brown Rice ◦ Baked Potato
Baked Sweet Potato

Green Beans ◦ Wax Beans ◦ Spinach
Turnip Greens ◦ Creamed Corn
Steamed Broccoli ◦ Roasted Carrots
Lima Beans ◦ Black Eyed Peas ◦ Roasted Beets

Coleslaw ◦ Cottage cheese ◦ Fruit Salad Cup

PREMIUM SIDE ITEMS - \$1

Sautéed Asparagus ◦ Mac-N-Cheese ◦ Berry Bowl (seasonal)



JAVA



THE SWEET SPOT

(included with meals, free refills & complimentary all-day)

Espresso ◦ Cappuccino ◦ Latte ◦ Hot Tea

decaffeinated available

BEVERAGES

(included with meals with free refills)

Coffee ◦ Hot Tea ◦ Iced Tea (sweet or unsweet) ◦ Soda (coke, diet coke, sprite, lemonade)

(charged after first glass - \$1.00)

Juice (orange, cranberry, apple, V8 low sodium) ◦ Milk ◦ Hot Cocoa



2 cookies - \$1.00

Chocolate Chip ◦ Peanut Butter ◦ Macadamia ◦ Double Chocolate
Carnival M&M ◦ Oatmeal Raisin ◦ Chocolate Chunk Double Fudge Brownies



CONE OR BOWL - \$2

High Fat Content

Chocolate ◦ Vanilla ◦ Strawberry ◦ Rocky Road ◦ Black Cherry ◦ Butter Pecan ◦
Moose Tracks ◦ Salted Caramel Truffle

Sugar Free

Chocolate ◦ Vanilla ◦ Butter Pecan

Sherbet

Orange Sherbet ◦ Rainbow Sherbet

Banana Split - \$4

Chocolate, Vanilla & Strawberry with sliced bananas, chocolate syrup,
walnuts, cherry & whipped cream

Specialty Desserts - \$2.50

Double Fudge Cake ◦ Classic Apple Pie ◦ Sugar Free Apple Pie

Tiramisu ◦ Eclairs ◦ Cannoli

New York Style Cheesecake

add Strawberry or Blueberry topping



Ask about our dessert of the week

BEER & WINE

BEER - \$1.00

budweiser bud light heineken o'doules (non-alcoholic)

WINES BY GLASS & BOTTLE

House - \$2.00/glass \$8.00/bottle

chardonnay merlot pinot grigio

Premium - \$3.00/glass \$12.00/bottle

chardonnay sauvignon blanc cabernet

House & Premium Alcohol

HOUSE - \$2.00

Luksusowa Vodka

Seagram's Gin

El Jimador Silver Tequila

Bacardi Silver Rum

Duggan's Dew Scotch

Evan Williams Black Bourbon

PREMIUM - \$4.00

Grey Goose Vodka

Beefeater's Gin

Jose Cuervo Gold Tequila

Captain Morgan's Spiced Rum

Dewar's Scotch

Maker's Mark Bourbon

Libations

VODKA or GIN MARTINI

3oz of alcohol, dry vermouth, olives,
served up or on the rocks

\$3.00 / \$6.00

TOM COLLINS

1.5oz gin, .5oz lemon juice, simple syrup on the
rocks, topped with club soda,

lemon & cherry

\$2.00 / \$4.00

MANHATTEN

3oz bourbon whiskey, muddled cherries, sweet
vermouth & bitters,
served on the rocks

\$3.00 / \$6.00

MARGARITA

1.5oz tequila, shaken with sweet-n-sour, triple sec
& lime juice on the rocks.

\$2.00 / \$4.00

BLOODY MARY

1.5oz vodka, bloody mary mix, A-1 sauce, dash of
tabasco with olives. On the rocks.

\$2.00 / \$4.00 / \$1.00 Sunday Brunch

MIMOSA

Equal parts Champagne & orange juice, served in a
wine glass

\$2.00 / \$1.00 Sunday Brunch

COSMOPOLITAN

3oz vodka, splash of cranberry, dash of triple sec,
lime squeeze, lemon twist, up.

\$3.00 / \$6.00

GIMLET

1.5oz gin, sweetened lime juice on the rocks with a
lime

\$2.00 / \$4.00

OLD FASHIONED

3oz bourbon whiskey muddled cherries & orange
rind, bitters, simple syrup with orange garnish.

Served on the rock.

\$3.00 / \$6.00

WHISKEY SOUR

1.5oz bourbon, sweet-n-sour, garnished with cherry
& lemon, served on the rocks.

\$2.00 / \$4.00

KIR / KIR ROYAL

.5oz crème de cassis, 3oz white wine or
champagne, served in wine glass

\$3.00

CUBRE LIBRE

1.5oz rum, .5oz lime juice, finish with coke and lime
wedge garnish

\$2.00 / \$4.00

CORDIALS

\$2.00 – 1.5oz

Bailey's Irish Cream / Frangelico / Amaretto / Kahlua / Grand Marnier