



## LUNCH FEATURES

Substitute Soup or Salad or Homemade Coleslaw for Fries 1.00 extra

### MONTE CRISTO

2 slices of our french toast filled with turkey, ham and swiss sprinkled with powdered sugar and served with fries: 12.75

### RUNNING BEAR BURGER

Hand pattied 1/3 lb. ground beef on a ciabatta bun with fries: 11.95  
Add: egg, mushrooms, bacon, grilled onion, swiss, cheddar, pepper jack or bleu cheese: 1.00 each

### FISH & CHIPS

Beer Battered cod strips served with fries, coleslaw, toast & homemade tartar sauce: 12.95

### SOUTHWEST CHICKEN SANDWICH

Grilled chicken breast topped with pepper jack cheese & guacamole on a ciabatta bun served with fries: 11.95

### CLASSIC CLUB SANDWICH

Triple decker with turkey, ham, bacon, lettuce, tomato & mayo on toasted sourdough served with chips: 12.95

### HOT BEEF OR "REAL TURKEY" SANDWICH

Served open face on white bread with homemade mashed potatoes & gravy: 14.95

### TURKEY PESTO SANDWICH

"Real turkey" with, pesto, spinach, & tomato on a ciabatta bun served with homemade coleslaw: 11.95

### REUBEN

Thin sliced pastrami, melted swiss, sauerkraut & 1000 island dressing on grilled rye served with homemade coleslaw: 11.95

### VEGGIE BURGER

Garden Burger topped with grilled mushroom and onion on a ciabatta bun served with homemade coleslaw: 11.95

### CHICKEN STRIPS

Tender breaded strips of white meat served with salad, fries & toast: 13.95

## SOMETHING A LIL' DIFFERENT

### HAWAIIAN CHICKEN BURGER

Flame grilled chicken burger topped with swiss & pineapple served on a ciabatta bun with fries: 13.45

### GEYSER DELIGHT

Bacon, cheddar, lettuce, tomato & mayo on a hoagie bun served with fries: 10.95

### HOT HOMEMADE MEATLOAF SANDWICH

With lettuce, tomato & mayo on a hoagie bun with fries: 13.75

### PHILLY BEEF WRAP

Thin sliced roast beef with grilled peppers, onions, swiss & garlic mayo wrapped in a tomato basil tortilla & served with fries: 11.95

### FISH TACO

Two flour tortillas filled with beer battered cod, crisp shredded cabbage & a creamy jalapeno sauce served with fries: 14.75

### CHICKEN BACON CLUB

Grilled Chicken Breast topped with bacon, Swiss, lettuce, tomato & mayo on a Ciabatta Bun with fries: 11.95

### QUESADILLAS

Bacon, Seasoned beef or Chicken with cheese, tomato, onion, green pepper & jalapeno, between 2 flour tortillas served with guacamole, sour cream & salsa: 11.95

### SALMON MELT

Salmon served on grilled sour dough with dijon mayo & pepper jack cheese served with homemade coleslaw: 14.95

## SALADS AND SOUPS

### CITRUS AVOCADO SALMON SALAD

Grilled Salmon served on top of Mixed Greens with craisins, mango, feta cheese, almonds & avocado served with your choice of dressing: 15.95

### CHICKEN STRIP SALAD

Mixed greens with tomato, red onion, black olives, egg, parmesan cheese & Feta Vinaigrette dressing: 13.95

### GRILLED CHICKEN or STEAK SALAD

Mixed greens with a grilled chicken breast or 6 oz. sirloin steak, almonds, mango, & Toasted Sesame dressing: 14.95

### TACO SALAD

Fried flour tortilla filled with lettuce & seasoned beef or chicken, topped with tomatoes, cheese, olives, guacamole, sour cream & hot sauce: 13.95

### SPINACH BLUEBERRY SALAD

Fresh spinach topped with blueberries, candied walnuts, feta cheese and Grilled Chicken: 14.95

### BOWL of SOUP & DINNER SALAD

Served with grilled Sourdough 9.95  
Homemade Soup only: Cup 4.95 Bowl 5.95