



## Lunch Menu

### Appetizers

#### Wings

Eight Chicken Wings deep fried and spun  
in your choice of BBQ, Buffalo or Teriyaki Sauce 4.99

#### Baked Pork Dumplings

with Orange, Pineapple Teriyaki Sauce 4.50

#### Chicken Quesadilla

Served with Salsa and Sour Cream 5.50

Entrée Size Order 7.50

Additional Fillings .50

### Soup of the Day

Cup 3.25

Bowl 4.50

### Salads

Classic Caesar 6.5

Add Chicken 10.99

Add Shrimp 12.99

#### Chef Salad

11.99

Turkey, Ham, Swiss, Cheddar, Tomatoes, Cucumbers  
and Hard Boiled Egg on a bed of fresh Greens with choice of Dressing



#### California Chicken Salad

11.99

Grilled, Teriyaki-Marinaded Chicken Breast on a bed of Crispy Greens  
with Bacon, Scallions, Black Olives, Parmesan Cheese, and Honey Mustard

#### ♥ Buffalo Shrimp Salad

13.99

Lightly Breaded Fried Shrimp tossed in Buffalo Sauce on a bed of Spring Mix with Bleu  
Cheese Crumbles & Ranch Dressing

## Sandwiches *Served with your choice of fries, chips or fruit*

Captains Choice	7.50
Choice of Ham, Turkey, BLT or Chicken Salad on your choice of Bread or Wrap with Mayonnaise, Lettuce, Tomato and your choice of Cheese	
1/2 Captains Choice & Cup of Soup	7.50
 The Brittain	7.50
Chicken Salad served with Bacon and Swiss on Grilled Whole Wheat Bread	
Rueben	8.99
Corn Beef or Turkey with Swiss, Sauerkraut and Thousand Island on Grilled Rye	
Classic Club	8.50
Turkey, Ham, Bacon, Swiss, American Cheese, Lettuce, Tomato and Mayonnaise stacked high on your choice of Bread	
Three Cheese Grilled Cheese	5.99
Swiss, American and Cheddar Cheeses on your choice of Bread	
 Grilled Chicken Sandwich	7.50
on Whole Wheat Bun with Lettuce, Tomato, Light Mayo and Mustard	
The Cheeseburger Club	8.50
8 oz. Angus Burger stacked with Lettuce, Tomato, Bacon, Cheese and Mayo	
Club Chicken Wrap	8.99
Grilled Chicken Breast with Lettuce, Tomato and Bacon in a Wrap	
Hot Dog	4.50
with your choice of toppings	
 The Springs Burger	7.99
8 oz. fresh Beef patty with Lettuce, Tomato & Mayonnaise served on a Toasted Bun	
 Chicken Fingers	8.99
with Crispy French Fries, served with your choice of dipping sauce	



Club Favorites



Heart Healthy Option