

Meridians Lunch Menu

...Salads...

Chicken Apple Orchard Salad... \$11.95

Grilled Chicken Breast, Romaine Lettuce, Sliced Gala Apples, Dried Cranberries, Crumbled Bleu Cheese and Candied Walnuts, Tossed with House Honey Dijon Dressing

 **Please Request Lite-Dressing, No Walnuts and Small Side of Bleu Cheese**

Traditional Caesar Salad...\$7.50

Romaine Lettuce, Croutons, Parmesan Cheese and our House Caesar Dressing

 **Please Request Lite-Dressing and Small Side of Parmesan Cheese**

Citrus Marinated Grilled Chicken... \$9.75 Grilled Fresh Lemon Salmon... \$9.75

Chicken Fiesta Salad... \$11.95

Fresh Romaine Lettuce, Tossed with Roasted Pepitas Cilantro Dressing Chicken Tenders Diced Tomatoes, Cheddar Cheese and Tortilla Strips

 **Please Request Turkey Bacon (65% less fat) Lite-Dressing and Small Side of Bleu Cheese**

Traditional Chef Salad...\$10.95

Romaine, Radicchio and Red Leaf Mix, Diced Lean Ham, Turkey, Sliced Hard Boiled Egg, Diced Tomato, Cucumber and Shredded Cheddar Cheese

 **Please Request Slice Fruit, No Cheddar Cheese and Lite-Dressing on the Side**

Dungeness Crab Salad...\$13.95

Romaine Lettuce, Diced Tomato, Cucumber, Hard Boiled Egg, Sliced Black Olives with House Louie Dressing on the Side

Santa Fe Taco Salad ...\$11.95

Taco Shell filled with Romaine Lettuce, Black Beans, Diced Tomatoes, Grilled Chicken, Cheddar Cheese Tossed with Pepita Cilantro Citrus Vinaigrette Dressing and Garnished with Salsa and Guacamole

Cobb Salad...\$10.95

Romaine, Radicchio and Red Leaf Mix, Bacon, Sliced Hard Boiled Egg, Diced Turkey, Tomatoes and Crumbled Bleu Cheese with Your Choice of Dressing

Sesame Orange Chicken Salad...\$10.95

Romaine, Radicchio, Red Leaf Mix, with Crispy Chicken, Sautéed Asian Vegetables, Tossed in a Rich Orange Marmalade Sauce, Topped with Mandarin Oranges and Asian Crisp Noodles

...Daily Soup...

Choice of Bowl \$3.50 or Cup \$2.50

...Burgers...

Served on Crowned or **Whole Wheat Bun**  with a Choice of **Steamed Veggies** 
Cottage Cheese  French Fries, Onion Rings, Baked Beans or Coleslaw

Meridian's Cheese Burger...\$8.50

Grilled with Cheddar Cheese, Lettuce, Tomato, Red Onions and Sliced Pickles,

Sautéed Mushroom and Swiss Cheese Burger...\$8.75

Grilled with Lettuce, Tomato, Red Onions with Sliced Pickles

Grilled Swiss Buffalo Burger...\$9.25

All Natural Bison, Mixed with Onion, House Seasonings, Dijon Mustard, Lettuce, Tomato, Red Onions and Sliced Pickles

Grilled Turkey Burger... \$8.95

Lettuce, Tomato, Red Onions, Sliced Pickles with Choice of Cheddar, Swiss or Provolone Cheese



Signifies that the menu item is a healthy option meaning it may be lower In calories, low in fat and/or sodium, or high in fiber

Choice of Coffee, Tea, Ice Tea, Milk, Soda \$1.50

We Accept MasterCard, Visa and Discover Cards; 18% Service Charge for Party of 10 or more Separate Checks for Parties of 10 or less Split-Plate Charge \$2.00

Meridians Lunch Menu

...Sandwiches...

Choice of **Steamed Veggies** 🌱, **Cottage Cheese**, 🌱 French Fries, Onion Rings, Baked Beans or Coleslaw

🌱 **Cold Deli Sandwich...Served on Multigrain Wheat Bread**
With Cup of Soup or Side House Salad...Half \$6.50—Whole \$8.75
Choice of Lean Deli Ham or Roasted Turkey with Cheese

🌱 **Please Request Cranberry Aioli –Hold the Lite Mayo and Cheese**

🌱 **Cold Tuna Berry Sandwich...** \$8.25
Albacore Tuna, Lettuce, Sliced Tomatoes, with Whole Cranberry, with Cranberry Aioli on Multigrain Wheat Toast

Corned Beef Reuben with German Sauerkraut...\$8.75
Served with Thousand Island Dressing, Sauerkraut, and Melted Swiss Cheese on Rye Bread

French Dip...\$8.50
Thinly Sliced Prime Rib, Served on Grilled Sourdough Roll with a Side of Au Jus

Philly Cheese Prime Sandwich...\$8.95
Thinly Sliced Prime Rib, Topped with Sautéed Sweet Bell Peppers, Onions, Mushrooms And Melted Provolone Cheese, Served on Grilled Sourdough Roll

B.L.T. on Multi Grain Bread...\$7.95
Bacon, Lettuce, Tomato and Lite Mayonnaise on Multi Grain bread
🌱 **Please Request Turkey Bacon (65% less fat) and Hold the Lite Mayo**

Turkey Avocado Melt Sandwich...\$8.95
Roasted Turkey Breast with Avocado, Provolone Cheese, Roasted Red Bell Pepper, Tomatoes and Basil Aioli on Sourdough Bread

🌱 **Please Request No Provolone Cheese**

Orchard Pasta's

Orchard Pasta served with Sautéed Chicken Breast...add-\$4.00
Orchard Pasta served with Garlic Shrimp (5)...add-\$6.00

Linguini Pasta Carbonara...\$10.95
Italian Classic Linguini, Tossed with Mushrooms, Crispy Bacon, Parmesan Cream Sauce, Garnish with Sweet Peas and Italian Parsley

Spicy Louisiana Bow-ties Farfalle Pasta...\$10.95
Pasta Tossed with Mushrooms, Diced Peppers, Onions, Parmesan Cheese in a Spicy Louisiana Sauce

Spaghetti Pomodoro Pasta...\$9.95
Sautéed Fresh Diced Tomatoes, Garlic, Basil, Tossed with Butter Wine Sauce, Topped with Parmesan Cheese and Italian Parsley

Roasted BBQ Pork ...\$8.95
Thinly Sliced Roasted Pork Loin Smothered in Smoky BBQ Sauce, House Onion Rings on Grilled Sourdough Roll

Fish & Chips...\$8.95
Cod Filet in a Tempura Batter, Served with Coleslaw, French Fries and Lemon

Fish Taco's...\$9.95
Two Fish Taco's with Tilapia Fillet, Lettuce, Roasted Tomato Salsa, Shredded Cheese Served with Spanish Rice and Our Homemade Beans

Meridians Lunch Specials ...\$8.95
Served with Seasonal Vegetables, Choice of **Brown Rice Pilaf** 🌱 or **Steamed Parsley Red Potatoes** 🌱

🌱 **Pan Seared Lemon Chicken...** Lightly Dusted with Seasoned Flour

🌱 **Grilled Lemon Pepper Tilapia...** Lightly Seasoned and Grilled Served with Lemon

🌱 **Grilled or Poached Salmon...** Grilled with Lemon Pepper or Poached in Lemon Herb Broth

Make Your Party Holiday Reservations Call 625-4045