

Meridians Lunch Menu

...Starters...

Soup... \$2.95 or \$3.95
Daily Creations

Artisan Board... \$7.95
Selection of Cheeses, Prosciutto, Salami, Mixed Olives, Sliced Baguette

Grilled Goat Cheese Polenta... \$6.95
Arugula, Sun Dried Tomatoes, Roasted Garlic, Crostini

House Salad...\$3.95
Spring Mix, Tomato, Carrot & Cucumber (Choice of Dressing)
with Cup of Soup...\$6.50

1/2 Sandwich with House Salad or Cup of Soup ...\$7.50
Add \$1.50 for 1 Filet Slider

...Salad Entrées...

Chicken Apple Salad... \$10.95
*Grilled Chicken Breast, Romaine, Sliced Fuji Apples, Dried Cranberries,
Crumbled Bleu Cheese and Candied Walnuts, Apple Cider Dressing*

Traditional Caesar Salad...\$7.75
Romaine Lettuce, Croutons, Parmesan Cheese, House Caesar Dressing
Add Chicken or Salmon for an Entrée Salad... \$11.95

Grilled Salmon & Baby Spinach Salad...\$11.95
*Garbanzo Beans, Green Beans, White Beans, Shaved Red Onion
Sunflower Seeds & Pancetta-Cider Vinaigrette*

Santa Fe Taco Salad...\$10.95
*Romaine, Black Beans, Grilled Chicken, Tomatoes
Cheddar Cheese, Cilantro-Citrus Vinaigrette, Sour Cream, Salsa, Guacamole*

Cobb Salad...\$10.95
*Romaine, Radicchio and Red Leaf Mix, Bacon, Sliced Hard Boiled Egg,
Diced Chicken, Tomatoes and Crumbled Bleu Cheese with Your Choice of Dressing*

...Lunch Entrees...

Blackened Gulf Prawn Jambalaya...\$12.95
Scallops, Gulf Prawns, Chicken, Andouille Sausage, Cajun Risotto

Sun Dried Tomato & Pesto Farfalle Pasta...\$8.95
Toasted Pine Nuts, Baby Spinach, Parmesan Cheese

Chef's Meat Loaf & Mashed Potatoes...\$12.95
House Made Meat Loaf, Roasted Garlic Mashed Potatoes, Seasonal Veggies, Gravy or Ketchup

Seafood Tacos (2)...\$10.95
White Fish, Salmon & Shrimp, Black Beans, Corn Tortilla, Chipotle Aioli & Salsa, Tortilla Salad

Grilled Chicken Breast & Herbs.....\$8.95 ***Grilled or Poached Salmon & Herbs.... \$9.95***
Choice of Fries, Steamed Veggies, Cottage Cheese, Quinoa Salad or Side Salad

Meridians Lunch Menu

...Burgers/Sandwiches/Panini...

Choice of Fries, Cottage Cheese, Quinoa Salad or Side Salad

Meridians Cheese Burger...\$8.50

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

Filet Mignon Sliders... \$12.95

Bleu Cheese, Mushrooms, Fennel Chutney, Chipotle Mayo

Salmon Sliders... \$9.50

Cucumber, Feta Cheese, Sprouts, Tomato, Onion & Caper Aioli

Portobello Sliders... \$8.50

Fennel Chutney, Brie, Aioli, Habanero Mustard

Chicken Panini...\$8.95

Brie, Prosciutto, Candied Onions, Pesto Mayo

French Dip Panini...\$8.50

House Roasted Beef, Caramelized Onions, Jack Cheese, Garlic Aioli, Au Jus

Reuben Panini...\$8.95

Pastrami, Sauerkraut, Swiss Cheese, Traditional Dressing, Rye

House Roasted Turkey Avocado Melt...\$8.95

Roasted Red Pepper, Provolone Cheese, Tomatoes & Basil, Sourdough

House Roasted Turkey Breast Sandwich...\$8.95

Cranberry Aioli, Provolone Cheese, Lettuce, Tomato, Onion, Whole Grain Wheat

Tuna Berry Sandwich...\$8.50

Albacore Tuna, Lettuce, Sliced Tomatoes, Whole Cranberry, Cranberry Aioli, Whole Grain Wheat

Cashew Chicken Salad on Croissant...\$8.50

Dried Cranberries, Lettuce, Tomato

...Sports Bar Favorites...

Calamari Fritto Misto...\$7.95

*Fried Calamari & Salmon, Portobello Mushrooms, Zucchini, Red Peppers & Onions
Chipotle Aioli*

French Fry Basket...\$3.25

*Fried Russet Potatoes & Sweet Potatoes
Habanero Mustard or Ketchup*

Crispy Fried Coconut Shrimp...\$8.95

Lime Chutney Dipping Sauce

Fish & Chips...\$8.95

Cod Filet in Tempura & Panko, Fries and Tartar Sauce

Grilled Sausage Platter...\$8.95

*Whiskey Fennel & Turkey Artichoke Sausages,
Sauerkraut & Brown Mustard*