

Appetizers

Clams Casino, The Best you will Find	7.95
Shrimp Cocktail, Jumbo Shrimp, Remoulade, Cocktail Sauce	10.75
Steamed Edamame, With Salts of the World	5.50
Fried Calamari, Cherry Peppers, Marinara	8.75

Soups

Soup du Jour	Cup 3.50	Bowl 4.25
Baked French Onion		Crock 4.95
Manhattan Clam Chowder	Cup 3.95	Bowl 4.95
Snapper Soup	Cup 3.95	Bowl 4.95

Salads

Harvest Turkey Salad	10.95
Julienne Turkey, Farro, Walnuts, Cranberries, Goat Cheese, Fresh Pear, Apple Cider Vinaigrette	
Breaded Jumbo Oysters & Chicken Salad	10.95
Jumbo Oysters, Chicken Salad, Cocktail Sauce	
The Wedge	9.50
Wedges of Iceberg Lettuce, Bleu Cheese Crumbles, Tomato, Bacon, Bleu Cheese Dressing	
Grilled Chicken Caesar	10.50
Romaine, Croutons, Romano Cheese, Caesar Dressing	
Strawberry Shrimp & Spinach Salad	11.95
Fresh Spinach, Jumbo Shrimp, Bleu Cheese, Toasted Walnuts, Strawberries, Granny Smith Apples. Strawberry Orange Vinaigrette	
Sesame Shrimp & Chicken Salad	11.95
Shrimp & Grilled Chicken, Cucumbers, Cherry Tomatoes, Hard Boiled Eggs, Fresh Spinach Warm Sesame French Dressing	
Steak House Salad	12.95
Grilled New York Sirloin, Tomato, Roasted Portabella, Bleu Cheese Crumbles. A-1 House Vinaigrette	

Pasta

Chicken Sorretto Penne	11.95
Chicken Breast, Penne, Mushroom, Marinara	
Salmon Katrina	12.95
Fresh North Atlantic Salmon, Asparagus, Tomatoes, Vodka Dill Cream Sauce, Linguini	
Grilled Vegetable Ravioli	12.95
Vodka Tomato Cream Sauce, Basil Pasta, Peas	
Shrimp Puttanesca	12.95
Mexican Gulf Shrimp, Plum Tomatoes, Garlic, Basil, Capers, Olives, Linguini	

Sides

French Fries	2.25	Onion Rings	2.75	Coleslaw	1.25
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*A 20% Service Fee Will Be Added To Check on Parties of 8 or more. There is also a \$3.00 Plate Sharing Fee

Heal thy Inspirations

Grilled Herb Marinated Chicken Breast House Grain of the Day, Vegetable, Pico de Gallo	11.95
Poached Salmon Yogurt Cucumber Sauce, Vegetable, Rice Medley	12.95
Seared Tilapia Shitake Mushrooms, Red Onion, Baby Bok Choy, Tangy Plum Sauce, House Grain of the Day	11.95
Asian Diver Seared Scallops Asparagus, Shitake Mushroom, Red Pepper, House Grain of the Day	14.95

Entrees

Served with Vegetable and Potato du Jour

Grilled Maryland Crab Cake Cocktail and Tartar Sauces	13.95
Chicken Marsala Boneless Chicken Breast, Mushrooms, Demi-Glace, Marsala Wine	11.95
Pan Roasted Pork Tenderloin Port Wine Harvest Chutney	12.95
Crepes Ala Rein Chicken & Spinach Filling, Hollandaise Sauce, Rice Medley	10.95
Flounder Florentine Spinach, Lobster Sauce	13.95
Veal Parmigiana Linguine Marinara	13.95

Sandwich & Grill

Served with Potato Chips and a Pickle Spear

Chipotle Chicken Wrap Lettuce, Tomato, Avocado, Chipotle Mayo	9.75
Tuna Melt English Muffin, All White Meat Tuna Salad, Tomatoes, Swiss Cheese	9.75
All White Meat Chicken Salad or All White Meat Tuna Salad Sandwich Choice of Bread	8.25/ 8.95
Lite Bite Chicken or Tuna Special ½ Sandwich, Choice of Bread, Cup of Soup du Jour	7.95/ 8.25
Chicken & Cheese Quesadilla Pico de Gallo, Spiced Sour Cream	9.50
Grilled Honey Mustard Chicken Breast Sandwich Honey Mustard Creole Sauce, Lettuce, Tomato	9.50
Turkey Club Choice of Bread, Bacon, Lettuce, Tomato, Mayo	8.50
South Philly Steak Sandwich or Chicken Steak Additional Toppings \$.50 each- Bacon, Cheese, Mushrooms, Caramelized Onions	8.50
Spring Mill Burger Half Pound Ground Sirloin, Kaiser Roll, Lettuce, Tomato. Additional Toppings \$.50 each- Bacon, Cheese, Mushrooms, Caramelized Onions	8.50
Fiesta Burger Jack Cheese, Avocado, Chipotle Mayo, Lettuce, Pico de Gallo, Crispy Fried Onions	9.50