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# NO FRILL

## Bar and Grill

### APPETIZERS

CREAMY ARTICHOKE DIP - Served with herbed pita wedges 7.99

BBQ RIB APPETIZER - With corn salsa, hot corn bread 7.99

BEER-BATTERED ONION RINGS - Chipotle ranch dipping sauce 7.49

HOMEMADE HUMMUS - House-made hummus, fresh veggies, pita points 7.49

SEARED TUNA SASHIMI - Asian slaw, ponzu dipping sauce, wasabi, pickled ginger. 8.99

GRILLED PORTABELLA - Sauteed baby spinach, onions, tomatoes, sun-dried tomato pesto, Provolone cheese over crostinis drizzled with balsamic glaze 7.99

BUFFALO SHRIMP - Crispy butterflied shrimp tossed with buffalo sauce, bleu cheese, celery 10.99

BUFFALO CHICKEN TENDERS - Crispy chicken tossed with buffalo sauce, bleu cheese, celery 7.99

NACHOS GRANDE - Our famous chili, corn chips, cheddar Jack, pico de gallo, lettuce, black olives, jalapenos, sour cream, salsa 11.99

CHICKEN NACHOS - Seasoned chicken, black beans, corn chips, cheddar Jack, pico de gallo, lettuce, black olives, jalapenos, sour cream, salsa 11.99

VEGETARIAN NACHOS - Black beans, corn chips, cheddar Jack cheese, pico de gallo, lettuce, black olives, jalapenos, sour cream, salsa 10.99

### SALADS

Homemade Dressings: Parmesan Pepper, Bleu Cheese, 1000 Island, Raspberry Vinaigrette, Red Dragon, Remoulade, Chipotle-Buttermilk Ranch, Sesame-Orange-Ginger Vinaigrette, Balsamic Vinaigrette

SPOTSWOOD SALAD - Baby spinach, Granny Smith apples, bleu cheese crumbles, bacon, caramelized almonds & raisins, red onions, radishes, cucumbers, red peppers, mushrooms, tomatoes, pita wedges 10.99

CLASSIC GREEK SALAD - Crisp torn hearts of Romaine, kalamata olives, feta cheese, artichokes, sundried tomatoes, cucumbers, red onions, roasted red and pepperoncini peppers, croutons, red wine vinaigrette 9.99

ASIAN PORTABELLA SALAD - Teriyaki grilled mushrooms, mixed greens, roasted red peppers, mandarin oranges, red onions, crispy rice bowl, sesame-orange-ginger vinaigrette, 9.99

CAESAR SALAD - Torn hearts of romaine tossed in our Caesar dressing, Asiago cheese, croutons 7.99 large 4.99 small

FIELD GREEN SALAD - Mixed greens, tomatoes, cucumbers, red onions, radishes, carrots, peppers, mushrooms 3.99

FUNKY CHICKEN SALAD - Grilled chicken, mixed greens, fresh veggies, bacon, Swiss cheese, pita wedges 10.99

TERIYAKI & SESAME GRILLED TUNA - Yellow Fin Tuna grilled and marinated, mixed greens, fresh veggies, corn & black bean salsa, pita wedges 11.99

LONDON BROIL SALAD - Marinated flank steak, mixed greens, fresh veggies, corn & black bean salsa, pita wedges 11.99

CRISPY CHICKEN SALAD - Crispy chicken tenders, mixed greens, vegetables, corn & black bean salsa, shredded Cheddar cheese, pita wedges 10.99

SESAME SHRIMP SALAD - Fried butterflied shrimp, mixed greens, veggies, mandarin oranges, crispy wontons, red dragon dressing 13.99

GRILLED SALMON SALAD - Grilled salmon, mixed greens, goat cheese crumbles, walnuts, tomatoes, cucumbers, mandarin oranges, raspberry vinaigrette dressing, pita wedges 14.99

CHICKEN SALAD PLATE - Homemade white meat chicken salad, mixed greens, tomatoes, mandarin oranges, fresh veggies, pita wedges 9.99

CALAMARI SALAD - Torn hearts of romaine, chipotle ranch dressing, tomatoes, corn & black bean salsa, crispy fried calamari 12.99

#### ADD YOUR CHOICE TO THE ABOVE SALADS:

Grilled Chicken \$3 • Calamari \$4 • Grilled Tuna \$5

London Broil \$5 • Shrimp \$5 • Salmon \$7

### PITAS

Served with a crisp pickle spear, plus a choice of side; Substitute choice of side: House Salad \$2, Cup of Soup \$1.50, or Onion Rings \$3

GRILLED PITA QUESADILLAS - Roasted peppers, mushrooms, onion, tomato, cheddar Jack cheese, salsa, sour cream, corn & black bean salsa 6.99 Add your choice of: Grilled Chicken \$3 • Grilled Tuna \$5 • Shrimp \$5 • London Broil \$5

SUPER VEGGIE PITA - Fresh chopped veggies, leaf lettuce, cheddar Jack cheese, alfalfa sprouts, Parmesan pepper 7.49 Add hummus \$2

GRILLED CHICKEN PITA - Grilled sliced chicken breast, lettuce, tomato, Parmesan pepper 7.99

TERIYAKI GRILLED TUNA - Toasted sesame seeds, corn & black bean salsa, Parmesan pepper, lettuce, tomato 8.99

LONDON BROIL PITA - Chargrilled marinated flank steak, corn & black bean salsa, remoulade sauce, lettuce, tomato 8.99

### SOUPS

BAKED FRENCH ONION SOUP

Au gratin with garlic croutons  
Bowl 4.99

FAMOUS CHILI

Smothered with cheddar Jack cheese and served with corn bread - sour cream on request -  
Cup 3.99  
Bowl 5.49

SOUP DU JOUR

Cup 3.29  
Bowl 4.49

SEE THE SPECIALS MENU FOR THE PANINI OF THE DAY AND DAILY FEATURES

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# SANDWICHES

Served with a crisp pickle spear, plus a choice of side. Substitute choice of side: House Salad \$2, Cup of Soup \$1.50 or Onion Rings \$3

**FUNKY CHICKEN SANDWICH** - Grilled chicken breast, bacon, tomato, melted Swiss cheese, Parmesan pepper dressing, grilled rye 8.99

**SHRIMP PO'BOY** - Crispy fried shrimp, toasted sub roll, shredded lettuce, tomato, remoulade sauce 10.99

**CRAB CAKE SANDWICH** - Homemade crab cake, lettuce, tomato, remoulade, kaiser roll 11.49

**CAJUN GRILLED CATFISH** - Grilled sourdough, lettuce, tomato, Parmesan pepper dressing 9.99

**FRENCH DIP** - Sliced top round, fresh baked sub roll, Swiss cheese, caramelized onions, au jus, Dijon horseradish sauce 8.99

**OUR REUBEN** - Pastrami, Swiss cheese, sauerkraut, 1000 Island dressing, grilled rye 8.99

**CALI REUBEN** - Turkey, Swiss cheese, cole slaw, 1000 island, spicy brown mustard, grilled sourdough 8.99

**VEGETARIAN REUBEN** - Grilled tomato, Swiss cheese, sauerkraut, 1000 Island, grilled rye 6.99

Add Veggie Patty 2.49

**TURKEY AND PASTRAMI** - Grilled sourdough, lettuce, tomato, onion, Swiss cheese, spicy brown mustard 8.99

**PHILLY CHEESE STEAK** - Shaved ribeye, grilled onion, American cheese, fresh sub roll 8.99

**BBQ SANDWICH** - Hand-pulled BBQ pork, toasted bun, BBQ sauce, cole slaw 7.99

**TURKEY FLATBREAD** - Turkey breast, melted cheddar Jack cheese, bacon, dijonnaise, lettuce, tomato, onion 8.99

**TUNA MELT** - Grilled tuna salad, American cheese, on your choice of bread 7.49 With bacon and/or tomato 8.49

**TUNA SALAD SANDWICH** - Homemade tuna salad, lettuce, tomato, mayo, onion, on your choice of bread 7.49

**CHICKEN SALAD SANDWICH** - Homemade chunky white meat chicken salad with lettuce, tomato on your choice of bread 8.99

**CLUB SANDWICH** - Turkey, pastrami, Swiss cheese, bacon, lettuce, tomato, mayo, on your choice of bread 9.49

Bread Choices for above four sandwiches  
White • Multi-grain • Rye • Sourdough

## BURGERS

Our 100% Ground Chuck, Half Pound Burgers are served with lettuce, tomato, onion and crisp pickle spear, plus a choice of side. Substitute choice of side: House Salad \$2, Cup of Soup \$1.50 or Onion Rings \$3

**HAMBURGER** - 6.99

**CHEESEBURGER** - American cheese 7.99

**SPOTSWOOD MELT** - Bacon, grilled onions, Swiss and American cheeses, grilled sourdough 8.99

**OVER THE TOP BURGER** - Fried egg, Canadian bacon, American cheese, beer battered onion ring 9.99

**BACON CHEESEBURGER** - Thick cut bacon, American cheese 8.99

**MUSHROOM CHEESEBURGER** - Sautéed mushrooms, American cheese 8.49

**GARDEN VEGGIE BURGER** - Provolone cheese, sun-dried tomato aioli 7.99

## PLATTERS

**FAMOUS MEATLOAF** - Boilermaker sauce, mashed potatoes, string beans, beer battered onion rings, corn bread 13.99

**CRISPY CHICKEN BURRITO** - Southern fried chicken tenders, herbed rice, cheddar jack cheese, caramelized onions, topped with enchilada sauce, shredded lettuce, pico de gallo, sour cream, on bed of black beans 11.99

**SHRIMP & GRITS** - Pan seared shrimp, andouille sausage, green onions, red peppers, cherry tomatoes, cheese grits, herbed crostini 15.99

**PORTABELLA PASTA** - Penne pasta, wilted baby spinach, provolone, sun-dried tomato garlic pesto, roasted red peppers, onions, tomatoes, herbed crostinis 13.99

**GRILLED CHICKEN BREAST, PORTABELLA & ANDOUILLE** - Penne pasta, wilted baby spinach, provolone, sun-dried tomato garlic pesto, roasted red peppers, onions, tomatoes, herbed crostinis 16.99

**FISH TACOS** - Grilled Mahi, shredded cabbage, queso cheese, salsa verde, Pico de Gallo, black beans and rice 13.99

**FISH & CHIPS** - Fried flounder, Old Bay fries, homemade coleslaw, remoulade sauce 14.99

**CRAB CAKES** - Made fresh daily, corn & black bean salsa, remoulade, corn bread, two sides 18.99

**SEAFOOD TRILOGY** - Homemade crab cake, fried jumbo shrimp, flounder or Cajun grilled catfish, corn & black bean salsa, remoulade, corn bread, two sides 18.99

**GRILLED SIRLOIN** - Eight ounce grilled sirloin, broccoli florets, rich mushroom jus, shoestring fries 14.99

**PASTA BAKE** - Penne pasta, marinara sauce oven baked with Parmesan and assorted cheeses, herbed crostini, and a field green salad 13.99

**SALMON** - Fresh Atlantic Salmon, herbed rice, seasonal vegetables, light white wine butter sauce 17.99

**NORFOLK HOT BROWN** - Grilled chicken, Surry Ham, tomato, Norfolk Canyon Ale sauce, over toast points, then baked, two sides 13.99

**ROADHOUSE RIBS** - Whole rack of our famous baby back ribs, corn & black bean salsa, corn bread, two sides 17.99

## SIDES

À la carte \$2.49

Crinkle Cut Fries • Mashed Potatoes • House Cole Slaw  
Black Beans • Potato Salad • Corn & Black Bean Salsa  
Mac & Cheese • Applesauce • Pasta Salad  
Sautéed String Beans • Sautéed Spinach

## KIDS MENU

Includes choice of side

Chicken Fingers 4.49      Hamburger Platter 3.99  
Turkey Sandwich 4.49      Cheeseburger Platter 4.49  
Grilled Cheese 3.99      Tuna Salad Sandwich 4.49  
Mac & Cheese (no side) 3.99

## BEVERAGES

Pepsi • Diet Pepsi • Sierra Mist • Dr. Pepper • Ginger Ale • Mountain Dew • Lemonade • Iced Tea (Sweet & Unsweet)  
Flavored Iced Teas (Raspberry, Mango or Peach) • Perrier • Boylan's Bottled Root Beer • Fiji Bottled Water  
Hot Tea • Segafredo Coffee • Milkshakes (Chocolate or Vanilla)