

LUNCH & DINNER

Starters

* **HOMEMADE SOUP OF THE DAY**
CUP 5.99 BOWL 6.99

HOMEMADE CHILI 6.99

* **HOMEMADE BBQ OR SEA SALT POTATO CHIPS** 3.99

HOMEMADE MEATBALL(S) ONE 6.99 - TWO 13.00

TERYAKI CHICKEN **NEW!**
Teryaki marinated chicken with broccoli. 9.99

FRIED GOAT CHEESE **NEW!**
Served on a bed of arugula with homemade pepper jelly and crostinis. 10.99

CAJUN TOSSED FRIED PICKLES 5.99
Served with house ranch dressing.

* **BLEUS AND BBQ**
Homemade BBQ potato chips, topped with warm bleu cheese, bacon and green onions. 8.99

CLASSIC WINGS
Fried with choice of chili rub, BBQ, teriyaki or buffalo. 13.99

* **POUTINE FRIES**
Hand cut french fries topped with our homemade gravy, queso fresco cheese and green onions. 6.99

Chris's Handhelds

ALL SANDWICHES SERVED WITH HOMEMADE CHIPS
UNLESS OTHERWISE STATED
ADD FRESH-CUT NEVER-FROZEN FRIES 1.99
MAKE YOUR FRESH CUT FRIES GARLIC PARM,
POUTINE OR LOADED 2.99

CHICKEN PARM
Breaded seasoned chicken breast, homemade marinara, mozzarella, roasted garlic ricotta. Served on a toasted hero. 16.99

MEATBALL PARM
Homemade meatballs, mozzarella, and roasted garlic ricotta. Served on a toasted hero. 13.99

* **CHRIS'S HOMEMADE SAUSAGE PARMESAN**
Served New York style, with homemade marinara, melted mozzarella and roasted garlic ricotta. Served on a toasted hero. 11.99

STANDARD CHICKEN SANDWICH **NEW!**
Choice of grilled, blackened or fried, with lettuce, tomato and chipotle mayo. Served on a brioche roll. 12.99

BUFFALO CHICKEN SANDWICH
Breaded and tossed in buffalo sauce, served with bleu cheese, lettuce and tomato. Served on a brioche roll. 12.99

CHICKEN QUESADILLA **NEW!**
Grilled chicken, mozzarella, cheddar and pico.
Served with sour cream. 13.99

FISH SANDWICH **NEW!**
Mahi, blackened, grilled or fried with lettuce, tomato and tartar sauce. Served on a brioche roll. 21.99

Salads

MAKE IT A WRAP WITH CHIPS 2.99

CZAR SALAD
Romaine hearts, tomatoes and our house made croutons. Topped with parmesan cheese. 4.99

HOUSE
Field greens, tomatoes, cucumbers, red onions, carrots and house made croutons. With our house balsamic dressing. 4.99

STEAK SALAD
Steak, field greens, red onion, sliced tomatoes, dried cherries, gorgonzola crumbles and toasted almonds. Served with cucumber ranch. 8.99

SUMMER SALAD
Field greens, fresh strawberries and blueberries, mandarin oranges, dried cherries, candied walnuts and bleu cheese crumbles. Served with citrus vinaigrette. 8.99

HEY ASK ABOUT OUR HOMEMADE DESSERTS!
*** NEW LOWER PRICES!**

LOADED FRIES **NEW!**
Choice of Chili and cheese or bacon and cheese. 9.99

NACHOS **NEW!**
Ground beef, chips, cheddar, mozzarella, pico and sour cream. 14.99
SUBSTITUTE CHICKEN 2.00

* **BLACK AND BLEU BEEF TIPS**
Pan seared blackened beef tips topped with an avocado horseradish sauce. Served with an arugula salad tossed in a lemon vinaigrette. 10.99

1 LB. PEI MUSSELS
Sautéed in white wine, garlic, shallots, tomatoes and a pernod cream sauce, served with toasted crostinis. 21.99

SPINACH ARTICHOKE DIP **NEW!**
Creamy spinach and artichoke dip topped with parmesan cheese. Served with chips. 8.99

GRILLED POLOMINO SHRIMP
Grilled shrimp, zucchini/squash, roasted garlic ricotta, diced tomatoes, balsamic reduction and fresh basil. 14.99

BUFFALO CHICKEN EGG ROLL **NEW!**
Our homemade buffalo chicken egg rolls. Served with lettuce and homemade bleu cheese dressing. 11.99

Lunch Specials

Served from 11am-3pm only.

SERVED WITH HOMEMADE CHIPS
ADD FRESH-CUT NEVER-FROZEN FRIES 1.99
MAKE YOUR FRESH CUT FRIES GARLIC PARM,
POUTINE OR LOADED 2.99

BLT **NEW!**
Bacon, lettuce and tomato. Served on wheat bread with chipotle mayo. 9.99

ROAST BEEF **NEW!**
Chris's homemade slow roast beef with Swiss cheese and avocado horseradish mayo. Served on a brioche roll. 8.99

TURKEY SANDWICH **NEW!**
Honey chipotle glazed turkey breast with Swiss, lettuce, tomato and cranberry aoli on a brioche roll. 12.99

TURKEY, BACON & SWISS WRAP **NEW!**
Honey chipotle glazed turkey breast with Swiss, bacon, lettuce, tomato and mayo. 13.99

HOT DOG **NEW!**
All beef skinless hot dog grilled to perfection. 5.99
ADD CHILI AND CHEESE 2.00

BUFFALO CHICKEN SALAD **NEW!**
Buffalo chicken breast, romaine, bleu cheese crumbles, dried cherries, red onion, celery, diced tomatoes, hard boiled egg and cheddar cheese, served with bleu cheese dressing. 8.99

THAI PEANUT
Field greens, udon noodles, peanuts, onion, roasted red pepper, cucumbers, carrots, and mandarin oranges topped with crispy wontons and served with our Thai dressing. 7.99

SOUTHWEST COBB
Field greens, tomatoes, avocado, red onion, blackened chicken, cheddar cheese, roasted red pepper, bacon and hard boiled egg. Served with a roasted chipotle ranch. 8.99

— ADD ONS —

GRILLED CHICKEN SALMON OR MAHI STEAK SAUSAGE SHRIMP HARD BOILED EGG

Pizza

MARGHERITA

Topped with a thin layer of tomato sauce, mozzarella, fresh basil, sliced tomato and finished with a pesto drizzle. 14.99

STANDARD WHITE

A thin layer of roasted garlic ricotta, mozzarella and parmesan cheese drizzled with a basil pesto. 13.99

HOUSE MADE SAUSAGE

Chris's house made sausage, tomato sauce and fresh mozzarella cheese. 13.99

THE VEGGIE

Tomato sauce, mozzarella, roasted peppers, caramelized onions, mushrooms, banana pepper and wilted spinach. Topped with basil pesto. 14.99

MEATBALL AND RICOTTA

Meatball and dollops of roasted garlic ricotta, pomodoro sauce and mozzarella. 14.99

THE ROCK PLAZA

Pepperoni, bacon, and our house made sausage, with roasted mushrooms, caramelized onions, banana peppers, pomodoro sauce and mozzarella. 15.99

BUILD YOUR OWN PIZZA 10.99

CHEDDAR	HAM	MUSHROOMS
PARMESAN	CHICKEN	CARAMELIZED ONIONS
RICOTTA	PEPPERONI	ROASTED
SAUSAGE	RED ONION	RED PEPPERS
BACON	SPINACH	BANANA PEPPERS
JALAPEÑO	TOMATOES	OLIVES

TOPPINGS 1.00 ea.

The Standard Burger

Fresh Ground
8 oz. Chargrilled Burger

SERVED WITH SMOKEY MAYO &
HOMEMADE CHIPS

\$10.99

ADD: FRESH-CUT NEVER-FROZEN FRIES 1.99
MAKE YOUR FRESH CUT FRIES GARLIC PARM
OR POUTINE 2.99

YOUR CHOICE:

PICKLE, LETTUCE, TOMATO, ONIONS,
ROASTED RED PEPPER, MUSHROOMS .50 ea.

ADD: CHEESE 1.00

ADD: BACON, AVOCADO 2.00 ea.

Chef Red's Seafood Specials

BROWN SUGAR GLAZED SALMON **NEW!**

Brown sugar honey glazed Salmon with mash du jour and vegetables. 19.99

BEER BATTERED FISH AND CHIPS

Hand battered fish served with house cut fries and tartar sauce. Garnished with a lemon. 20.99

JERKED MAHI WITH SWEET AND SOUR STIR FRY VEGETABLES

Pan seared jerk Mahi with a honey chipotle glaze served over sweet and sour vegetable stir fry. 22.99

PASTA AND MUSSELS

One pound of PEI mussels, tomatoes, spinach, garlic and a Pernod cream sauce. Served over linguine pasta. 29.99

SESAME SEARED SALMON

Sesame crusted salmon with a teriyaki glaze served over a vegetable Udon stir fry. 26.99

SHRIMP LINGUINE

4 Shrimp tossed in a lemon, garlic, white wine sauce with tomatoes over linguine. 15.99 ADD 2 ADDITIONAL SHRIMP 3.00

Entrees

HONEY KICKIN' CHICKEN **NEW!**

Sweet and tangy buttermilk chicken served with mash du jour and broccoli. 16.99

SHEPHERD'S PIE **NEW!**

Sautéed chicken, roasted corn pepper blend, carrots and a creamy chicken gravy. Topped with mash du jour and cheddar cheese. 17.99

WHITE WINE LEMON CHICKEN **NEW!**

Sautéed chicken, garlic, shallots, mushroom, spinach, broccoli, zucchini, and squash. Served in a white wine lemon sauce. 17.99

CHICKEN CACCIATORE **NEW!**

Sautéed boneless chicken, with mushrooms, roasted red peppers, green peppers, blended with a homemade marinara. Served with linguine. 13.99

CLASSIC TURKEY DINNER **NEW!**

Oven roasted turkey breast served with cranberry sauce, mash du jour, gravy and vegetables 22.99

CLASSIC CHICKEN PARMESAN DINNER **NEW!**

Served over linguine with marinara. 16.99

HOMEMADE ITALIAN MEATLOAF

With choice of linguine or cavatappi pasta. 16.99

STANDARD BOLOGNESE 13.99

Bolognese sauce, cavatappi pasta, parmesan.

BAKED CAVATAPPI BOLOGNESE

Bolognese sauce, cavatappi pasta, parmesan, roasted garlic ricotta and mozzarella baked to perfection. 14.99

LINGUINE AND MEATBALL OR SAUSAGE

Homemade meatball or sausage served over linguine. 15.99

POT ROAST DINNER

Tender homemade pot roast with mushroom gravy, served with mash du jour and broccoli. 20.99

BLACKENED CHICKEN ALFREDO 14.99

With choice of linguine or cavatappi pasta.

SUBSTITUTE SHRIMP 4.00

CAJUN CHICKEN PASTA

Blackened Chicken, roasted red peppers, green bell peppers, red onion and linguine. Served in a cajun cream sauce. 14.99

10 oz. NEW YORK STRIP

Served with Chef Red's homemade steak sauce, mash du jour and vegetable. 29.99

SUNDRIED TOMATO AND CHICKEN PASTA

Chicken, sundried tomatoes, spinach, mushrooms and cavatappi pasta tossed in a palomino sauce. 14.99

CLASSIC MEATLOAF

Our homemade meatloaf with a brown sugar ketchup glaze. Served with mash du jour and vegetables. 18.99

Prices subject to change

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. 20% gratuity added to parties of 6 or more, split plate charge of \$4.

— ADD ONS —

Chris's House Made Sausage Grilled Chicken Salmon or Mahi Steak Shrimp Hard Boiled Egg