

Heights Cafe

DINNER

STARTERS

SOUP OF THE DAY	7.95
FRIED CALAMARI with spicy marinara sauce	14.95
MEDITERRANEAN BOARD Hummus, falafel, marinated feta, roasted peppers, olives, grapes & pita chips	15.95
STEAMED P.E.I MUSSELS choice of green curry coconut broth or fra diavolo sauce, served with Heights fries	14.95
WARM SPINACH DIP with corn tortilla chips	11.95

SALADS

with grilled chicken add \$5; grilled shrimp add \$9, salmon add \$12

KALE & WALNUT CRUSTED GOAT CHEESE quinoa, apples, toasted walnuts & agave shallot vinaigrette	15.95
CLASSIC CAESAR OR KALE CAESAR* shaved pecorino & homemade croutons	11.95
SESAME CRUSTED SALMON & TUNA seared rare, shaved cabbage, carrots, mango, avocado, toasted almonds, crispy noodles, baby arugula & ginger sesame dressing	18.95
GRILLED CHICKEN honey lime vinaigrette, mesclun greens, radicchio, jicama, corn, crispy corn tortilla strips & peanut sauce	16.95
CHOPPED MEDITERRANEAN tomato, feta cheese, cucumber, red onion, kalamata olives, chickpeas, romaine & red wine vinaigrette	15.95
SALAD NICOISE grilled tuna, mesclun greens, baby string beans, red potato, olives, anchovies, hard boiled egg, red onion, tomato & red wine vinaigrette	18.95
COBB iceberg lettuce, avocado, gorgonzola, bacon, tomato, hard boiled egg, red onion & blue cheese dressing	15.95
AVOCADO & ROASTED BABY CARROT baby arugula, watermelon radish, toasted pumpkin seeds, feta cheese & honey lime vinaigrette	15.95

PASTAS

PENNE pomodoro or vodka sauce	14.95
MUSHROOM PAPPARDELLE Marsala cream sauce, sautéed chicken, asparagus, cherry tomatoes & grated romano cheese	16.95
LINGUINE SHRIMP SCAMPI topped with lemon garlic bread crumbs & fresh parsley	19.95
RIGATONI sweet Italian sausage & bolognese sauce	16.95
CLASSIC MACARONI & CHEESE with Parmesan & Cheddar cheese	15.95

ENTREES

GRILLED BOURBON GLAZED SALMON aromatic rice pilaf & sauteed zucchini	24.95
SESAME CRUSTED TUNA ginger sriracha mango sauce, butter poached asparagus, leeks & baby tomato confit	25.95
BLACK ANGUS NEW YORK STRIP STEAK peppercorn horseradish sauce & Heights fries	26.95
PAN ROASTED HALF CHICKEN lemon roasted potatoes with green beans & thyme shallot pan sauce	21.95
BONELESS SOUTHERN FRIED CHICKEN breast & thigh, mashed potatoes, gravy & coleslaw	21.95

SIMPLY GRILLED DISHES

SALMON, NY STRIP STEAK, SHRIMP, GRILLED CHICKEN Dairy & gluten free, seasoned with e.v.o.o, lemon juice & fresh herbs. In a quinoa bowl, served with yellow string beans, kale, artichokes & roasted marinated tomatoes	
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BURGERS & SANDWICHES

THE "HEIGHTS BURGER" chargrilled with caramelized onions, smoked bacon, Gruyere cheese & Heights fries	16.95
TURKEY BURGER chargrilled on whole wheat bun with caramelized onions, smoked bacon, Gruyere cheese & Heights fries	16.95
VEGGIE BURGER whole wheat bun, sliced avocado, yogurt lemon tahini spread & mesclun greens	15.95
SALMON BURGER toasted whole wheat bun, sliced cucumber, lemon pepper mayo and mixed greens	16.95
FRENCH DIP AU JUS thinly sliced roasted prime rib on baguette with Heights fries	18.95
GRILLED SLICED BLACKENED CHICKEN on toasted brioche bun, semisweet coleslaw, jalapeños, crispy bacon, Swiss cheese, BBQ smoked chili aioli & Heights fries	15.95

SIDES

MASHED POTATOES HEIGHTS FRIES
SAUTEED SPINACH SWEET POTATO FRIES
SAUTÉED BROCCOLI
SAUTEED ASSORTED VEGETABLES
6.95