

Heights Cafe

LUNCH

STARTERS

SOUP OF THE DAY	6.95
FRIED CALAMARI with spicy marinara sauce	14.95
MEDITERRANEAN BOARD hummus, falafel, marinated feta, roasted peppers, olives, grapes & pita chips	14.95
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 pumpkin seeds & agave shallot vinaigrette	15.95
CLASSIC CAESAR OR KALE CAESAR* shaved pecorino & homemade croutons	11.95
GRILLED CHICKEN honey lime vinaigrette, mesclun greens, radicchio, jicama, corn, crispy corn tortilla strips & peanut sauce	15.95
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

OMELETTES

CHOICE OF THREE: smoked salmon, bacon, tomatoes, broccoli, spinach, mushrooms, roasted peppers, caramelized onions, grilled artichokes, Cheddar, Gruyère & pepper jack cheese	13.95
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SIDES

MASHED POTATOES HEIGHTS FRIES SAUTEED SPINACH SWEET POTATO FRIES SAUTÉED BROCCOLI	6.95
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BURGERS & SANDWICHES

THE "HEIGHTS BURGER" chargrilled with caramelized onions, smoked bacon, Gruyère cheese & Heights fries	16.95
TURKEY BURGER chargrilled on whole wheat bun with caramelized onions, crispy smoked bacon & Gruyère cheese, Heights fries on the side	15.95
SALMON BURGER whole wheat toasted bun, sliced cucumber, lemon pepper mayo & mesclun greens	15.95
VEGGIE BURGER whole wheat bun, sliced avocado, yogurt lemon tahini spread & mesclun greens	14.95
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	14.95
MEDITERRANEAN CHICKEN PITA hummus, feta cheese, romaine, tomatoes, cucumber, nicoise olives, red onions & Heights fries	14.95
AVOCADO B.L.T. on grilled sliced country bread & Heights fries	14.95

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 AND CHEESE with Parmesan, Gruyère & aged Cheddar	14.95

ENTREES

BOURBON GLAZED ROASTED SALMON with sautéed spinach, mashed potatoes, and grilled fresh lemon	24.95
BONELESS SOUTHERN FRIED CHICKEN (breast & thigh), mashed potatoes, gravy & coleslaw	21.95
10 oz BLACK ANGUS NEW YORK STRIP STEAK peppercorn horseradish sauce and Heights fries	26.95