

Heights Cafe

DINNER

STARTERS

SOUP OF THE DAY	7.95
FRIED CALAMARI with spicy marinara sauce	14.95
STEAMED P.E.I MUSSELS choice of green curry coconut broth or fra diavolo sauce, served with Heights fries	14.95
THREE CHEESE & JALAPENO NACHOS caramelized onions, guacamole, sour cream & tomato salsa	13.95

COLD APPETIZERS

HUMMUS chickpea puree, tahini & lemon juice, served with grilled pita	8.95
TABBOULEH cracked wheat & herbs, served with grilled pita	8.95
BABA GANOUSH grilled eggplant puree, served with grilled pita	8.95
SPICY TOMATO & PEPPERS blended with herbs & spices, served with grilled pita	8.95
TZATZIKI yogurt sauce seasoned with fresh herbs, served with grilled pita	8.95
MEDITERRANEAN MEZZE PLATTER combination of hummus, tabbouleh, baba ganoush, tzatziki, spicy tomato & peppers, served with grilled pita, shishito peppers, assorted olives & vegetable sticks	18.95

SALADS

add grilled chicken \$5; grilled shrimp \$9; grilled salmon or grilled tuna \$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	16.95
CHOPPED MEDITERRANEAN tomato, feta cheese, cucumber, red onion, kalamata olives, chickpeas, romaine & red wine vinaigrette	15.95
COBB iceberg lettuce, avocado, gorgonzola, bacon, tomato, hard boiled egg, red onion & blue cheese dressing	15.95
GRAIN AND VEGETABLE BOWL cracked wheat, quinoa, beluga lentil, avocado, corn, radish, baby carrots, cucumbers, tomato & mustard lemon vinaigrette	14.95

ENTREES

GRILLED BOURBON GLAZED SALMON aromatic rice pilaf & sauteed zucchini	24.95
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**, with yellow string beans, kale, artichokes & roasted marinated tomatoes

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

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
BUTTERMILK FRIED CHICKEN on toasted brioche bun, semisweet coleslaw, sliced pickles, Swiss cheese, spicy honey sauce & Heights fries	15.95
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

SIDES

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