

Heights Cafe

LUNCH

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	13.95
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 \$6; 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	16.95
GRAIN AND VEGETABLE BOWL cracked wheat, quinoa, beluga lentil, avocado, corn, radish, baby carrots, cucumbers, tomato & mustard lemon vinaigrette	14.95

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, smoked bacon & Gruyère cheese, Heights fries on the side	15.95
BUTTERMILK FRIED CHICKEN on toasted brioche bun, semisweet coleslaw, sliced pickles, Swiss cheese, spicy honey sauce & Heights fries	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
MEDITERRANEAN CHICKEN PITA hummus, feta cheese, romaine, tomatoes, cucumber, nicoise olives, red onions & Heights fries	15.95
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	15.95

OMELETTES

CHOICE OF THREE: smoked salmon, bacon, tomatoes, broccoli, spinach, caramelized onions, mushrooms, artichoke, Cheddar, Gruyère & pepper jack cheese	13.95
--------------------------------------------------------------------------------------------------------------------------------------------------------------	-------

SIDES

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

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