

# 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
SPINACH & ARTICHOKE DIP corn tortilla chips	13.95

### COLD APPETIZERS

TUNA TARTARE roasted corn cilantro salad, guacamole & grilled pita bread	18.95
BEEF CARPACCIO arugula-artichoke salad with radish & shaved pecorino, drizzled with red wine balsamic reduction	18.95
HUMMUS chickpea puree, tahini & lemon juice, served with grilled pita	8.95
SMOKED EGGPLANT DIP grilled eggplant puree, 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, smoked eggplant dip, tzatziki, feta cheese, served with grilled pita bread, assorted olives, vegetable sticks & grapes	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
SESAME CRUSTED SALMON & TUNA seared rare, shaved cabbage, carrots, mango, 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
COBB iceberg lettuce, avocado, gorgonzola, bacon, tomato, hard boiled egg, red onion & blue cheese dressing	15.95
GRAIN AND VEGETABLE BOWL bulgur, 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	25.95
MARINATED SHRIMP SKEWERS fresh roasted roma tomato, grilled asparagus, yellow squash & spicy lemon cilantro sauce	26.95
BLACK ANGUS NEW YORK STRIP STEAK peppercorn horseradish sauce & Heights fries	27.95
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
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
SLICED GRILLED CAJUN CHICKEN on toasted brioche bun, semisweet coleslaw, pickled jalapeno, bacon, Swiss cheese, smoked BBQ chili aioli & Heights fries	15.95
FRENCH DIP AU JUS thinly sliced roasted prime rib on baguette with Heights fries	18.95
MAINE LOBSTER ROLL in butter toasted roll, coleslaw & Heights fries	22.95

### SIDES

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