

# 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	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, assorted olives, vegetable sticks & grapes	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
GRAIN AND VEGETABLE BOWL cracked wheat, quinoa, beluga lentil, avocado, corn, radish, baby carrots, cucumbers, tomato & mustard lemon vinaigrette	14.95
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	16.95

### WEEKDAY OMELETTES

choice of three ingredients

smoked salmon, bacon, tomatoes, broccoli, spinach, caramelized  
onions, mushrooms, Cheddar, Gruyère & pepper jack cheese 13.95

### 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	16.95
SALMON BURGER whole wheat toasted bun, sliced cucumber, lemon pepper mayo & mesclun greens	15.95
SRIRACHA SHRIMP ROLL sautéed shrimp in smokey sriracha sauce, shredded lettuce, sliced tomato, toasted brioche bun, topped with ranch chipotle dressign & Heights fries	18.95
VEGGIE BURGER whole wheat bun, sliced avocado, yogurt lemon tahini spread & mesclun greens	14.95
SLICED GRILLED CAJUN CHICKEN on toasted brioche bun, semisweet coleslaw, pickled jalapeno, bacon, Swiss cheese, smoked BBQ chili aioli & Heights fries	15.95
CRABCAKE toasted brioche bun, assorted greens, sliced tomato, jalapeno cilantro lime aioli & topped with fried egg, Heights fries	16.95
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
AVOCADO B.L.T. on grilled sliced country bread & Heights fries	14.95
MEDITERRANEAN CHICKEN PITA hummus, feta cheese, romaine, tomatoes, cucumber, nicoise olives, red onions & Heights fries	15.95

### PASTAS

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
PENNE pomodoro or vodka sauce	14.95

### SIDES

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

BOURBON GLAZED ROASTED SALMON with sautéed spinach, mashed potatoes, and grilled fresh lemon	25.95
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	27.95