

Heights Cafe

DINNER

APPETIZERS

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
BABA GHANOUSH smoked eggplant puree, served with grilled pita bread	8.95
HUMMUS chickpea puree, tahini & lemon juice, 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 tuna \$9; grilled salmon \$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
PAN SEARED YELLOWFIN TUNA sriracha sesame ginger dressing, arugula, wild rice, red cabbage, radish, cranberry, red pepper & shoestring sweet potato	17.95
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 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
BLACK ANGUS NEW YORK STRIP STEAK Gorgonzola herbs compound butter & cheesy Hasselback potato topped with garlic bread	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 WITH SHRIMP in a white wine lemon clam sauce	22.95
RIGATONI red wine beef short rib Ragù, green peas & shaved pecorino romano	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
GRILLED MARINATED CHICKEN on toasted Tuscan flat bread, roasted pepper, arugula, smoked mozzarella, basil pesto mayo & Heights fries	15.95

SIDES

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