

Heights Cafe

LUNCH

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, assorted olives, vegetable sticks & grapes	18.95

SALADS

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

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
GRILLED MARINATED CHICKEN on toasted Tuscan flat bread, roasted pepper, arugula, smoked mozzarella, basil pesto mayo & Heights fries	15.95
VEGGIE BURGER whole wheat bun, sliced avocado, yogurt lemon tahini spread & mesclun greens	14.95
SLICED ROASTED TURKEY on cranberry walnut bread, fresh apple, arugula, semisweet coleslaw, Swiss cheese, agave mustard 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
SEARED STEAK on toasted Tuscan flat bread, grilled tomatoes, buttermilk crispy onion, arugula, Gruyère cheese, somked BBQ chili aioli & Heights fries	16.95
AVOCADO B.L.T. on grilled sliced country bread & Heights fries	14.95
SHAWARMA 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 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 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
BLACK ANGUS NEW YORK STRIP STEAK Gorgonzola herbs compound butter & cheesy Hasselback potato topped with garlic bread	27.95