

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
SPINACH & ARTICHOKE DIP corn tortilla chips	12.95
HUMMUS chickpeas puree, tahini & lemon juice, served with grilled pita bread	8.95
BABA GHANOUSH smoked eggplant puree, served with grilled pita bread	8.95
MEDITERRANEAN MEZZE PLATTER combination of hummus, baba ganoush, tzatziki, feta cheese, served with grilled pita bread, assorted olives, vegetables sticks & grapes	18.95

SALADS

Add grilled chicken \$6; shrimp \$9, tuna \$9 or 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 & VEGETABLE BOWL bulgur, 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, smoked mozzarella & Pepperjack 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, crispy smoked bacon & Gruyère cheese, Heights fries on the side	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
GRILLED MARINATED CHICKEN On toasted Tuscan flat bread, roasted pepper, arugula, smoked mozzarella, basil pesto mayo & Heights fries	15.95
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
SLICED ROASTED TURKEY on cranberry walnut bread, fresh apple, arugula, semisweet coleslaw, Swiss cheese, agave mustard aioli & Heights fries	15.95
SHAWARMA CHICKEN PITA hummus, romaine, tomatoes, cucumber, olives, red onions, feta cheese & Heights fries	15.95

PASTAS

STROZZAPRETI light pesto sauce, sautéed chicken, broccoli rabe & heirloom cherry tomatoes	16.95
SEAFOOD PASTA fresh lemon linguine in a lemongrass shrimp sauce with sautéed squid, mussels & lobster	22.95
RIGATONI red wine beef short rib Ragù, green peas & topped with shaved pecorino romano	16.95
CLASSIC MACARONI & CHEESE with Parmesan, Gruyère & Cheddar cheese	15.95
PENNE pomodoro or vodka sauce	14.95

SIDES

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

ENTREES

GRILLED SALMON bourbon reduction, sautéed assorted vegetables & mashed potato	25.95
GRILLED NEW YORK STRIP STEAK Gorgonzola herbs compound butter, sautéed assorted vegetables & mashed potato	27.95
BONELESS FRIED CHICKEN (breast & thigh) mashed potato, gravy & coleslaw	21.95