



LUNCH MENU

Take-out Available - Platters & Catering

STARTERS

Great for sharing before lunch

CALAMARI SICILIANO

Crisp calamari with plum tomatoes, spinach, balsamic glaze, & garlic aioli ~ 12.5

ROASTED CAULIFLOWER BLEU CHEESE DIP

Served with an authentic Bavarian pretzel, seasoned with a sweet harissa pepper ~ 11

SMOKED BRISKET MAC & CHEESE

Sharp cheddar mornay sauce laced with ale and tossed with gimelli macaroni ~ 10.5

VEGETARIAN HEARTS OF PALM "CRAB CAKES"

With a fresh herb ranch aioli, red peppers, & artichoke hearts ~ 9

SOUPS & SALADS

SOUP & SALAD BAR

Soup & Salad Bar (Available 11:30 to 2:00)
Unlimited soup, salad bar, and
hearth-baked bread ~ 10

**(Add unlimited soup & salad to any sandwich
or lunch entree ~ 4.5)**

**Make a meal by adding any of the following
to your prepared salad or salad bar:**

Herb-Marinated Chicken ~ 5

*Salmon Fillet ~ 8.5

Crab Cake ~ 8.5

5 oz steak ~ 6

Scoop Free-Roaming Chicken

Grape Salad ~ 6.5

ORANGE COGNAC HOUSE SALAD

Field greens, dried cranberries, candied walnuts, gorgonzola, finished with orange cognac dressing Sm. ~ 6.5 Lg. ~ 8.5

FRESCA GARDEN SALAD

Field greens, tomatoes, cucumber, onion & croutons Sm. ~ 5.5 Lg. ~ 7.5

CAESAR SALAD

Chopped romaine, onion, kalamata olives, croutons, finished with lemon caesar dressing and grated cheese Sm. ~ 6 Lg. ~ 8

BAKED FRENCH ONION WITH GRUYERE CHEESE

Caramelized onions, applejack whiskey, fresh stock, and croutons ~ 6.5
Add to soup & salad bar ~ 2

FEATURED SOUPS OF THE DAY

Either of our two daily creations, featured on our soup & salad bar ~ 4

SOUP SAMPLER

Our baked french onion soup, paired with both daily featured soups ~ 6

** Denotes items that may be cooked to order. Eating raw or undercooked meats, eggs or shellfish, severely increases the risk of food-borne illness*

POST-IT PAGE

Chef Gary and his team have “posted” these recipes based on fresh, seasonal ingredients from local farms. Posted items will change frequently depending on the availability from the area’s best suppliers.

Post-It Page updates can also be found on our Facebook Page!

FIRE & ICE CLASSICS

Accompanied by your choice of fresh-cut fries, fresh fried potato chips, sweet potato fries, chef's seasonal vegetables, or quinoa salad.

TURKEY PANINI MELT

Slow-roasted pulled turkey breast with boursin & cooper american cheeses, topped with caramelized onion, artichokes and sliced tomato ~ 7 (Half) ~ 9.5 (Whole)

CHEDDAR POT ROAST PANINI

With crispy onions, aged cheddar, and creamy horseradish sauce on hearth bread ~ 7.5 (Half) ~ 10 (Whole)

EGGPLANT PARMESAN SANDWICH

With marinara and fresh mozzarella on a soft wheat flatbread ~ 8.5

FREE ROAMING CHICKEN SALAD SANDWICH

With grapes, candied walnuts and cranberries, served on housemade hearth bread ~ 9.5

FREE ROAMING CHICKEN & MUSHROOM PANINI MELT

With grilled onions, mushrooms, swiss cheese, and local honey and mustard seed aioli, served on housemade hearth bread ~ 7 (Half) ~ 10 (Whole)

HEARTS OF PALM CRAB CAKE SANDWICH

Hearts of palm vegetarian crab cake, Chesapeake style with tomato, onion, & spinach, served on a kaiser roll ~ 9

FREE ROAMING CHICKEN WHEAT FLATBREAD PANINI

With free roaming roasted chicken, goat cheese, grilled onions, arugula, & a cranberry-citrus compote ~ 7 (Half) ~ 10 (Whole)

ORANGE COGNAC CHICKEN WRAP

Grilled speedie chicken & greens tossed in orange cognac dressing, dried cranberries, candied walnuts and gorgonzola ~ 9.5

BOURBON TURKEY WRAP

Roasted turkey with bacon, crispy onions, arugula & a sweet maple bourbon glaze ~ 10

SMOKED BEEF BRISKET CHEESESTEAK

With peppers, grilled onions, cheddar, & cooper cheese on ciabatta ~ 10.5

SPECIALTY SALADS

ARTICHOKE-BACON-TOMATO SALAD

Field greens, artichokes, oven-roasted tomatoes, bacon, & asiago cheese, finished with parmesan peppercorn dressing and balsamic drizzle, with Fire & Ice crostini ~ 9

POPEYE & OLIVE OIL SALAD

Spinach, hard boiled eggs, bacon, aged provolone, & Italian-marinated grilled chicken breast, finished with housemade Cabernet & black pepper olive oil vinaigrette ~ 10.5

HARISSA SALMON SPINACH SALAD

Baby spinach, topped with North African spice-rubbed salmon pieces, served with quinoa, kimchi, finished with a housemade ginger vinaigrette ~ 10.5

FREE BIRD SALAD

Romaine and arugula, topped with free roaming chicken, mandarin oranges, almonds, & chia seeds, finished with housemade raspberry champagne vinaigrette ~ 11

SMOKEHOUSE & BBQ GRILL

Accompanied by your choice of fresh-cut fries, fresh fried potato chips, sweet potato fries, chef's seasonal vegetables, or quinoa salad.

*"YESTERDAY'S" BAR BURGER

Fresh 1/2 pound angus chuck burger with lettuce, tomato, and onion, served on a toasted kaiser roll ~ 11.5

Choice of Cheese: Cooper, Cheddar, Swiss

Choice of Add-On: Bacon, Mushrooms ~ 1

Fire & Ice Style: Add Chef Gary's signature grilled portobello, balsamic onions, and gorgonzola ~ 2

TURKEY BURGER

Gound turkey blend with risotto, woodland mushrooms, and finely diced mirepoix, topped with lettuce, tomato & onion. Served on a toasted kaiser roll ~ 9

REAL DEAL HOMEMADE VEGGIE BURGER

Bulgar wheat & quinoa blended with finely diced vegetables, topped with lettuce, tomato, & onion. Served on a toasted kaiser roll ~ 7.5

SWEET BOURBON PORK BBQ

Pork, slow roasted with molasses, course ground mustard, & brown sugar on a multigrain flatbread ~ 8.5

BEEF BRISKET SANDWICH

With horseradish sauce, crispy onions & slaw on garlic griddled housemade hearth bread ~ 11.5

GRILLED CHICKEN SANDWICH

With a pommerey mustard brown sugar whiskey glaze, and sautéed spinach on a multigrain flatbread ~ 8.5

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COMFORT LUNCH

Enjoy a hearty midday meal. Accompanied by mashed potatoes and chef's seasonal vegetables.

BEER-BATTERED FISH BASKET

Served with handcut fries and side homemade slaw & lemon dill aioli ~ 10.5

MAMA BELLA MEATBALLS

Housemade meatballs served with marinara and angel hair pasta ~ 12.5

STELLA ARTOIS CHICKEN POT PIE

Free range chicken slow simmered with stella artois beer and rich chicken stock, finished with cream & served with flaky crust ~ 12.5

GUINNESS SIMMERED POT ROAST

Traditional Irish-style pot roast simmered in Guinness draught, topped with crispy onion straws ~ 13

NONTRADITIONAL SWEET CHILI CRABCAKE

Served with Gochujang aioli ~ 14.5

BROILED HADDOCK

With lemon pepper seasoning and white wine olive oil ~ 10.5

ADD ON'S

Enjoy these choices with any meal:

UNLIMITED SOUP & SALAD BAR ~ 4.5

HOMEMADE SLAW ~ 2.5

SIDE VEGETABLES ~ 4

FRESH-CUT FRIES ~ 4

FRESH FRIED POTATO CHIPS ~ 4

SWEET POTATO FRIES ~ 4

**MAPLE DIPPING SAUCE OR
HERB RANCH AIOLI** ~ .75

**ADDITIONAL SAUCES, AIOLIS, OR
DRESSINGS** ~ .75