



Salads & Wraps

Salads are served on a bed of Romaine & Field Greens.
Wraps are served with one side item.

GF FIELD & STREAM

Grilled Fish of the Day, Broccoli, Sun-Dried Cranberries, Goat Cheese Crumbles, Cucumbers, Carrots, Red Cabbage, Radishes & Roma Tomatoes. 14.49

GF BLACK & BLEU STEAK

Cajun Seasoned Flank Steak, Bleu Cheese Crumbles, Cucumbers, Carrots, Red Cabbage, Radishes & Roma Tomatoes. 13.99

V 50 / 50 CAESAR

Crisp Romaine and Hearty Kale, Creamy Caesar Dressing and Shaved Parmesan Cheese. 7.99 with Grilled or Blackened:

- Springer Mtn. Farms Chicken + 3.99
- Fish of the Day + 5.49
- Shrimp + 4.99
- Flank Steak + 4.99

CHICKEN & FRESH FRUIT

Pineapple Marinated Chicken Breast, Fresh Seasonal Fruit, Sun-Dried Cranberries, Goat Cheese Crumbles, Almonds. 12.99

GF SPRINGER MOUNTAIN COBB

Grilled Springer Mtn. Farms Chicken, Bacon, Hard Boiled Egg, Bleu Cheese Crumbles, Radishes, Cheddar Cheese, Avocado Mash, Roma Tomatoes. 12.99

SPICY THAI CHICKEN

Spicy Peanut Glazed Chicken Breast, Fresh Mango, Red Cabbage, Carrots, Cucumbers, Crispy Rice Noodles, Mandarin Ginger Dressing. 11.99

GF SANTA FE CHICKEN

Southwestern Seasoned & Grilled Chicken Breast, Queso Fresco, Cheddar Cheese, Avocado Mash, Pico de Gallo, Mexican Street Corn, Radishes. 11.99

GF THE CONTINENTAL CLUB

Virginia Ham, Roasted Turkey, Bacon, Cheddar, Cucumbers, Carrots, Red Cabbage, Radishes & Roma Tomatoes. 11.49

RANCH CHICKEN

Crispy Fried Chicken Tenders OR Grilled Chicken, Cheddar, Cucumbers, Carrots, Red Cabbage, Radishes & Roma Tomatoes. 10.99

Soup & Chili

Add a Classic B.L.T. (+4.99)
Add a Grilled Cheese (+3.99)

GF THREE PEPPER BISON CHILI

Ground Bison & Beef, Red Beans, Green Chilies and Ghost Peppers. Topped with Cheddar & Jalapeños. Cup 4.99 | Bowl 6.99

SOUP OF THE DAY

Seasonal Chef Inspired Creations. Cup 3.99 | Bowl 5.49

House Dressings

- Buttermilk Ranch
- Bleu Cheese
- Honey Mustard
- Cabernet Vinaigrette
- Blackberry Balsamic
- Mandarin Ginger
- Thousand Island
- Avocado Ranch
- Caesar

Beverages

FOUNTAIN

Coke, Dr. Pepper, Sprite, Diet Coke, Diet Dr. Pepper, Fanta Orange, Lemonade, Ginger Ale, Blue Powerade 2.79 (free refills)

BREWED

Sweet & Unsweet Tea, Royal Cup Coffee, Hot Tea 2.79 (free refills)

BOTTLES & CANS

Barritt's Ginger Beer
Mexican Coke, Orange Fanta 2.99/ea

ENERGY DRINKS

Red Bull Original, Sugar Free
Blue, Red, Orange & Yellow Editions 3.99/ea

A WORD ABOUT STRAWS:

Martin's uses straws that are made from a corn based material making them biodegradable, compostable and guilt free!