



# LUNCH SELECTIONS

## SOUP & SALADS

**SOUP OF THE DAY** Cup 5 • Bowl 8

### RAINBOW SALAD

Blended Greens, Kale, Lump Crab, Smoked Salmon, Goat Cheese, Melon, Radish, Asparagus & Sherry Vinaigrette 16

### STEAK & BLUE CHEESE SALAD

French Fries, Cucumbers, Onions, Tomatoes, Fresh Bacon, & Gorgonzola Bleu Cheese Dressing 16

### SPINACH SALAD

Grilled Shrimp, Spinach, Fried Egg, Grapes, Pine Nuts, Bacon & Poppy Seed Dressing 16

### POWER SALAD

Grilled Chicken, Mixed Greens, Beets, Blueberries, Cucumber, Feta Cheese, Wasabi Peas & Shallot Vinaigrette 15

### FROMAGE SALAD

Burrata, Arugula, Squash, Tomato, Candied Walnuts, Truffle Oil, Extra Virgin Olive Oil & Balsamic 15

### HOUSE SALAD

Tomatoes, Olives, Carrots, Cucumbers, Red Onion & Berry Vinaigrette 9

### CLASSIC CAESAR SALAD

Romaine, Croutons, Grated Parmesan Cheese & Caesar Dressing 12  
with Grilled Chicken 14 • Grilled Salmon 15  
Jumbo Shrimp 15 • Fried Calamari 15

### HEIGHTS' FLATBREAD CAESAR SALAD

Oven Baked Lavosh with Pesto, Melted Mozzarella Cheese & Caesar Salad 14  
with Grilled Chicken 15 • Grilled Salmon 16  
Jumbo Shrimp 16 • Fried Calamari 16



Join us in the bar for nightly social hours

#### ASK ABOUT OUR:

Private Dining Room • Off-Premises Catering • Gift Cards

## HOUSE SPECIALTIES

### OMELET OF THE DAY

Served with Sweet Potato Wedges, Truffle Aioli & Mixed Green Salad 14

### PAN SEARED SALMON 17

Root Vegetable & Brussel Hash, Olive, Greens, Blue Cheese & Cranberry Chipotle Gastrique

### THREE BEAN & CORN CAKE STACK

Squash, Tomato, Tri-Beans, Marinara, Balsamic, Herbs & Parmesan 15

### PORK SHANK

Saffron Spaetzle, Carrot, Spinach, Herb Aioli, Sugo & Pine nuts 18

### PAN SEARED ORGANIC CHICKEN BREAST

Parsnip Puree, Truffled Leeks, Mushroom, Pepitas & Dijon Cream 17

### SAUTEED SEASONAL FISH

Hoisin Aioli, Feta, Cauliflower, Kale & Acqua Pazza 18

### SAUSAGE & BACON PIZZA

Mozzarella & Tomato 15

### GNOCCHI BOWL

Sausage Gravy, Arugula, Cheddar Crisp, Gremolata & a Fried Egg 16

### BUTTERED SHRIMP

Red Lentil Tabouli, Fennel, Spinach Puree & Thai Chili Gastrique 17

### PAN ROASTED SWORDFISH

Herb Potato, Chard, Tomato, Lemon Cream & Cranberry Mustardo 18

### MAFALDA PASTA

Chicken Livers, Red Onion, Asparagus & Parmesan Cream Sauce 15

### BRAISED BEEF SHORT RIB

Potato Croquette, Peperonata, Relish Aioli & Horseradish Steak Sauce 16

## SIGNATURE SANDWICHES

Includes Choice of French Fries or Chef's Salad of the Day

### BANH MI

Vietnamese Sandwich with Pickled Cucumber, Carrot, Chili-Lime Aioli & Your Choice of the Following: Shrimp 16 • Chicken 14 • Beef 15

### OPEN FACE BEEF BURGER

Brioche, Basil Aioli, Chevre, Asiago, L, T & O 17

### THE SICILIAN GRINDER

Ham, Speck, Tomato, Arugula, Roasted Red Peppers, Mozzarella Cheese, & Oregano Aioli pressed in French Bread-Marinara on the Side 15

### CHAR GRILLED FISH REUBEN

Thousand Island, Swiss Cheese, Slaw, L, T & O 15

### HOUSE SMOKED SALMON PANINI

Citrus Goat Cheese, Cherry Chutney, Beets, L, T, & O 14

### MARYLAND CRAB ROLL

Celery, Carrots, Red Onion, Tomato, Lettuce, Onion & Lemon Aioli 17

### GRILLED CARIBBEAN JERK CHICKEN SANDWICH

Scallion Sour Cream, Tomato Salsa, Feta, Pepperoncini, L, T & O 15

### STEAK SANDWICH

Mushrooms, Smoked Bacon, Truffle, Blue Cheese, L, T & O 16

### VEGETABLE AREPA BRIOCHE PANINI

Portobello Frites, Peppers, Onion, Kale, Swiss & Chipotle Aioli 15