



EST. 1995

## LUNCH SELECTIONS

### SOUP & SALADS

**SOUP OF THE DAY** Cup 5 • Bowl 8

#### SEAFOOD SALAD

Market Greens, Pickled Cucumbers, Kale, Lump Crab, Smoked Salmon, Goat Cheese, Rum Roasted Pineapple, Black Sesame Seeds, Wasabi Peas & Sherry Vinaigrette 16

#### STEAK & BLUE CHEESE SALAD

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

#### SPINACH & FRISEE SALAD

Grilled Shrimp, Spinach, Frisee, Snap Peas, Carrots, Celery, Cajun Candied Pine Nuts, Lardons & Basil Vinaigrette 16

#### POWER SALAD

Marinated Grilled Chicken, Arugula, Chic Peas, Asparagus, Tomato, Napa Cabbage, Roasted Garlic, Feta & Creamy Italian 15

#### KALE & BEET SALAD

Burrata, Kale, Arugula, Cauliflower, Almonds, White Anchovies, Beets & Green Goddess Vinaigrette 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 SPECIALITIES

#### OMELET OF THE DAY

Served with Red Bliss Potato, Tapenade Aioli, & Mixed Green Salad 14

#### SHRIMP, SMOKED SALMON & OCTOPUS

Barley Risotto, Asparagus & Horseradish Mousse 17

#### PAN-SEARED SALMON

Ginger Crema, Broccolini, Turkish Onions, Potato & Apple Latke 17

#### VEAL CUTLET

Shaved Brussels, Lemon, Arugula & Tamarind Demi Glace 19

#### SAUTEED SEASONAL FISH

Quinoa, Spinach, Grilled Red Onion, Wakame & Agrodolce 18

#### COD & CLAMS

Baccalau, Broccolini & Tomato White Wine Sauce 18

#### FRIED CHICKEN

Hoisin, Pineapple, Frites & Srir Aioli 15

#### MAFALDA PASTA & CHICKEN LIVERS

Red Onion, Cured Bacon, Cippollini Onion & Scallion Sour Cream 16

#### GRILLED LAMB CHOP

Brussels, Raita, Cherry Chutney & Feta Jalapeno 17

#### CRISPY BEEF SHORT RIB

Polenta, Fra Diavolo, Cherry Peppers & Mint Gremolata 18

#### BRAISED GOAT & SHRIMP

Ramen Noodles, Mushrooms, Snap Peas, & Poached Egg 17

#### VEGETARIAN HOUSEMADE GNOCCHI

Onion Confit, Pinenuts, Spinach & Brown Butter Sauce 14

#### FLAME GRILLED RAINBOW TROUT

Mango Salsa, Shatta Sauce, Greek Potatoes & Lemon Aioli 18

#### CAVATELLI PASTA

Pork Confit, Tomatoes, Shallot, Broccoli, Burrata & Natural Jus 17

### SIGNATURE SANDWICHES

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

#### TUSCAN BEEF BURGER

Polenta, Marinara, Provolone & Sun Dried Tomato 17

#### BBQ SMOKED PORK

Bleu Cheese, Sliced Pickle, Mushrooms, Ginger Crema, L, T & O 15

#### HEIGHTS CUBAN

Sriracha Aioli, Relish, Country Ham, Pulled Pork & Swiss Cheese 15

#### STEAKHOUSE SANDWICH

Caramelized Onions, Caraway Aioli, Goat Cheese, L, T & O 16

#### CHAR GRILLED FISH SANDWICH

Smoked Bacon, Cabbage, Onion Buttermilk Vinaigrette & Tomato 16

#### MARYLAND CRAB ROLL

Celery, Carrots, Red Onion, L, T, O & Tonnato Sauce on French Bread 18

#### GRILLED CHICKEN 'GYRO'

Tzatziki, Olives, Braised Onion, Feta, L & T 15

#### SHORT RIB SANDWICH

Thai Glaze, Truffle Aioli, Gorgonzola, L, T & O 16

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Please inform your server of any health, allergy, or dietary restrictions. • Minimum Charge for sharing.