



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, Sundried Tomatoes, Peppers, Asparagus, Tomatoes, Chic Peas, Broccoli, Sesame Seeds, Feta & Creamy Italian 15

KALE & BEET SALAD

Burrata, Kale, Arugula, Cauliflower, Grapes, 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 Potato, Raita & Mixed Green Salad 14

SHRIMP, OCTOPUS & TERIYAKI GRILLED BEEF RIB

Barley Risotto, Asparagus & Horseradish Mousse 18

PAN-SEARED SALMON

Truffle Aioli, Asparagus, Turkish Onions, Wedges & Peach BBQ 17

SAUTEED SEASONAL FISH

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

RASPBERRY GLAZED COD & SMOKED SALMON

Baccalau, Broccoli & Tomato White Wine Sauce 18

COUNTRY FRIED CHICKEN

Hoisin, Pineapple, Frites & Sriracha Aioli 15

MAFALDA PASTA & CHICKEN LIVERS

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

CRISPY BEEF SHORT RIB

Polenta, Fra Diavolo & Cherry Peppers 18

GROUPEL

Pretzel Crusted, Feta, Jalapeno, Brussels, Savory Salsa & Tamarind 19

BRAISED GOAT & SHRIMP

Ramen Noodles, Mushrooms, Peas, & Poached Egg 17

VEGETARIAN LATKE

Cherry Chutney, Chevre, Arugula, Corn, Black Bean Salsa, Grilled Red Onion & Pickled Scapes 14

FLAME GRILLED RAINBOW TROUT

Mango Salsa, Shatta Sauce, Slaw, Lemon Aioli & Berry Chutney 18

SAUSAGE & BACON PIZZA

Ricotta, Mozzarella & Tomato 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, Pickles, Mushrooms, Ginger Cream, Chimi, 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 16

CHAR GRILLED FISH SANDWICH

Bacon, Cabbage, Buttermilk Vinaigrette, Tapenade Aioli & Tomato 16

MARYLAND CRAB ROLL

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

GRILLED CHICKEN 'GYRO'

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

SHORT RIB SANDWICH

Thai Glaze, Smoked Tomato Aioli, Gorgonzola, L, T & O 16