

TULSA LUNCH MENU

APPETIZERS

Fried Calamari
Calamari Rings, Lightly Seasoned, Served with Cocktail and Cajun Tartar Sauce 9.95

Popcorn Shrimp
Tempura Battered Rock Shrimp, Served with Cocktail and Cajun Tartar Sauce 10.95

Spinach Artichoke Dip
Spinach, Artichoke Hearts, Shallots and Parmesan Cheese with a Touch of Cream, Served Warm with Crostini 11.50

Trio of Hummus
Sun-Dried Tomato, Kalamata Olive and Traditional Hummus, Served with Grilled Flat Bread and Cucumbers 8.95

Cheese Quesadilla
Melted Cheddar Cheese, Guacamole, Salsa and Sour Cream 9.95

Seared Rare Ahi Tuna
Served with Pickled Cucumber, Wasabi, Fried Spinach, Pickled Ginger and Soy Sauce 14.75

HOMEMADE SOUPS

Small Bowl 5.75 Large Bowl 7.00

Soups of the Day
Ask Your Server for Today's Selection

WINES BY THE GLASS

WHITE WINES

CHAMPAGNE AND SPARKLING
Prosecco, Maschio, Italy SPLIT 10.50
Chandon Brut Classic, California SPLIT 11.50

CHARDONNAY
La Terre, Australia 7.50
Chateau Ste. Michelle, Washington 9.00
Markham, Napa Valley 12.00

PINOT GRIGIO
Placido, Italy 8.00
Maso Canali, Italy 10.00

OTHER WHITES
Moscato, Seven Daughter's, Italy 8.50
Sauvignon Blanc, Oyster Bay, Marlborough 9.50

RED WINES

PINOT NOIR
Canyon Road, California 8.00
Wild Horse, Central Coast 11.00

MERLOT
Penfolds Rawson's Retreat, Australia 8.00
St. Francis, Sonoma 10.50

CABERNET SAUVIGNON
Domino, California 8.00
Hayman & Hill, Paso Robles 9.50
J. Lohr, Paso Robles 11.00

OTHER REDS
Malbec, Massimo, Argentina 9.00
Blend, Raymond R Collection, California 10.00

OUR COMPLETE WINE LIST IS AVAILABLE WITH SOME EXTRAORDINARY SELECTIONS. ASK YOUR SERVER

Not all ingredients are listed in the menu. Please let your server know if you have food allergies or other preferences. Gluten Free and Nutritional information is available upon request

SPECIALTY SANDWICHES

All of Our Burgers are Hand Formed
1/2 lb. *Certified Angus Beef*[™]
Ground Fresh in Our Kitchen Daily.
Taste the Difference.

Choice of Fresh Fruit, Shoestrings or Roasted Peanut Cole Slaw

Cheeseburger
Served with LTO, Sliced Pickle, 1,000 Island Dressing and Choice of Cheese 11.75
Hamburger 10.75

Pepper Bacon Burger
Topped with Double Cheddar and Pepper Bacon with 1,000 Island Dressing 12.75

Santa Fe Chicken Wrap
Blackened Chicken, Corn, Black Beans, Avocado, Tomatoes, Roasted Peppers and Chipotle Aioli, Wrapped in a Whole Wheat Tortilla 13.95

French Dip Sandwich
Sliced Thin, Dipped in Au Jus, Topped with Swiss Cheese, Grilled Onions and Spicy Mustard 13.50

Tuna Melt
Scoop of White Albacore Tuna Salad, Grilled with Cheddar Cheese 13.95

B.L.T.
Thick Cut Double Smoked Bacon, Lettuce and Tomato 10.95

California Turkey Melt
Peppered Turkey Breast with Jack Cheese and Avocado, Served with a Cranberry Tomato Chutney on Sourdough 12.95

STARTER SALADS

Classic Caesar Salad
Hearts of Romaine, Parmesan Cheese and Homemade Croutons 8.95

Mixed Field Greens
Served with Choice of Dressing 7.75

Chopped Wedge Salad
Chopped Iceberg Wedge, Bleu Cheese, Bacon, Red Onion, Tomatoes and Creamy Bleu Cheese Dressing 9.75

Endive, Spicy Pecans & Romaine with Gorgonzola Cheese
Tossed in a Walnut Oil Vinaigrette Dressing 9.95

VEGETABLES

Peanut Cole Slaw 3.00
Glazed Carrots 4.50
Creamed Spinach 5.00
Grilled Asparagus 8.00
Grilled Vegetables with Balsamic Glaze 6.00

POTATOES AND SIDES

Mac & Cheese Loaded 8.00
A Blend of Three Cheeses, Mushrooms and Double Smoked Bacon

Shoestring Fries 3.50
Sweet Potato Fries 4.50
Red Skin Mash 3.50
Spinach Mashed Potatoes 4.50
Herb Brown Rice with Almonds 3.50

For your convenience, 18% gratuity is added to all parties of 7 or more. Gratuity is discretionary, Thank You

SIMPLY 600

Simply 600 dishes have fewer than 600 calories. Variations in ingredients and preparation as well as substitutions may change calorie count. *

Blackened Ahi Tuna Salad
Ahi Tuna Seared Rare, Mixed Field Greens, Artichoke Hearts, Carrots, Green Beans, Almonds and Red Bell Peppers, Tossed in an Asian Style Vinaigrette 17.50

Southwest Chicken Taco Salad
Black Beans, Grilled Corn, Brown Rice, Roasted Red Bell Peppers, Tomato and Mixed Field Greens, Tossed with a Chipotle Dressing on top of a Crispy Tortilla with Avocado and Lime Crema 13.75

Chicken Meatballs and Angel Hair Pasta
Chopped Tomatoes, Garlic and Basil 12.50

Penne Pasta Primavera
Zucchini, Red Bell Peppers, Crimini Mushrooms, Fennel, Broccoli, Carrots, Kalamata Olives, Garlic, Basil, Tossed in a Spicy Pomodoro Sauce 13.95

Grilled Shrimp Pomodoro
Topped with Chopped Fresh Tomato, Garlic, Basil and Extra Virgin Olive Oil 16.75

Grilled Herb Chicken Breasts
Grilled Skinless Chicken Breasts, Seasoned with Herbs, Served with Fresh Fruit and Sliced Tomatoes 15.75

Grilled Vegetable Plate
A Medley of Grilled Vegetables, Fresh Steamed Spinach, Broccoli, Grilled Asparagus, Sliced Tomato and Herb Brown Rice 12.50

We Proudly Serve *Hellmann's/Best Foods Light Mayo*

Simply 600 Hamburger
Served with LTO and Mayo with Fresh Fruit 8.95

California Chicken Burger
Sauteed Mushrooms, Spinach, Tomato and 1,000 Island Dressing, Served with Jumbo Grilled Asparagus 12.95

Pan-Seared Salmon Burger
with Arugula, Sliced Tomato and Remoulade Sauce, Served with Grilled Asparagus 13.50

Turkey Club
with Crispy, Bacon, Avocado, LTO and Mayo on Toasted Wheat, Served with Fresh Fruit 12.25

Blackened Tilapia
Cajun Spices, Topped with Lemon Butter Caper Sauce and Coulee of Red Bell Peppers with Grilled Vegetables 13.95

Simply Grilled Salmon
Served with Grilled Asparagus 16.95

Grilled Idaho Trout
Served with Peanut Cole Slaw 14.75

Fish Tacos
Two Soft Corn Tortillas with Cabbage, Radishes and Cilantro, Tossed in a Chipotle Aioli, Served with Black Beans and Spanish Rice 13.95

Petite Filet Mignon (6 oz. Center Cut)
Served with Grilled Asparagus and Tomato 30.95

FAVORITES

Chopped Wedge Salad Combo
Served with a Small Bowl of Soup 11.95

Daily Grill Cobb Salad Combo
Served with a Small Bowl of Soup 12.95

Salad and Pasta
Mixed Field Greens or Classic Caesar Salad, Served with Angel Hair Pomodoro 12.95

Half Sandwich Combo
Half BLT, Turkey Melt, Tuna Melt or Tuna Salad with Your Choice of Caesar Salad, Mixed Field Greens or Soup of the Day 12.50

Mini Pot Pie and Salad
Mini Pot Pie, Served with Mixed Field Greens or Classic Caesar Salad 13.95

Angel Hair Pasta Pomodoro
Topped with Chopped Fresh Tomato, Garlic, Basil and Extra Virgin Olive Oil 13.95

Chopped Beef Steak
8 oz. *Certified Angus Beef*[™] Ground Fresh in Our Kitchen Daily, Topped with Caramelized Onions, with Red Skin Mash & Tomato Provençal 14.95

Charbroiled Skirt Steak
A House Specialty, *Certified Angus Beef*[™] Marinated in Citrus, Soy Sauce and Seasonings, Served with Shoestring Fries & Vegetable 24.95

SEAFOOD

Fresh Fish Delivered Daily, Filleted in House

Baja Style Fish and Chips
Cod Fillet Dipped in Beer Batter, Served on a Bed of Fries with Remoulade Sauce, Malt Vinegar and Peanut Cole Slaw 15.95

Pan-Seared Idaho Trout Amandine
Topped with Toasted Almonds and Lemon Butter Sauce, Served with Vegetable 16.50

Cedar Plank Salmon
with a BBQ Citrus Glaze, Served with Herb Brown Rice and Vegetable 18.50

ENTREE SALADS

Chicken Caesar Salad
Hearts of Romaine, Parmesan Cheese, Croutons, Topped with Sliced Charbroiled Chicken 10.95
DINNER SIZE 13.95
Blackened on Request

Daily Grill Cobb Salad
Tossed with Diced Chicken Breast, Lettuce, Tomatoes, Bacon, Egg, Bleu Cheese, Avocado, Scallions and Creamy Italian Dressing 12.50
DINNER SIZE 14.95

Grilled Lime Chicken Salad
Mixed Greens with Lime Chicken, Asparagus, Chopped Vegetables, Tomatoes, Avocado, Fennel and Corn with Citrus Vinaigrette 12.50
DINNER SIZE 14.95

CHICKEN

Chicken Pot Pie
Fresh Chicken, Carrots, Onion, Peas and Mushrooms, Topped with a Flaky Crust 15.75
Please Allow 12 Minutes

Chicken Quesadilla
Grilled Chicken Breast, Melted Cheddar Cheese, Salsa, Guacamole and Sour Cream 13.95

Chicken Piccata
Tender Chicken Breast Medallions, Topped with a Lemon Butter Caper Sauce, Served with Red Skin Mash and Vegetable 17.95

Tuscan Brick Chicken
Roasted Under a Brick until Crisp and Golden Brown, Served with Sauteed Spinach, Onions, Mushrooms and Herb Brown Rice 17.95
Please Allow 15 Minutes

Consuming Raw or Undercooked Meats, Poultry, Seafood, Shellfish or Eggs may Increase your Risk of Foodborne Illness, Especially if you have Certain Medical Conditions