

RACHEL'S LUNCH

Snacks & Apps

TZATZIKI & HUMMUS DIP - 14.5

WITH CAULIFLOWER CHIPS

FRIED CALAMARI - 18

GOLDEN FRIED - SIDE OF TOMATO SAUCE

BUFFALO WINGS - 15

BLEU CHEESE DRESSING & CELERY

Brunch served until 2 pm

COUNTRY EGG SANDWICH* - 10.5

FRIED EGG, BACON, TOMATO & SWISS CHEESE - TOASTED ENGLISH MUFFIN - SIDE OF FRENCH FRIES

RACHEL'S SANTE FE BURRITO* - 17.

SCRAMBLED EGGS, POTATOES, SAUTÉED ONIONS, CHEDDAR CHEESE AND JALAPENOS, WHOLE WHEAT TORTILLA

Salad

RACHEL'S HOUSE SALAD - 16

LETTUCE, CHICKPEAS, CUCUMBER, ARTICHOKE HEARTS, FRESH MOZZARELLA & TOMATO - ITALIAN VINAIGRETTE

GREEK SUMMER SALAD - 16

ROMAINE LETTUCE, CUCUMBERS, TOMATOES, KALAMATA OLIVES, PEPPERONCINI, RED ONION, FETA CHEESE - LEMON-PARSLEY VINAIGRETTE

Burgers, Sandwiches & Wraps served with French fries

BEACH BURGER* - 17.5

½LB. BLACK ANGUS BEEF

+ add cheese 1.5

America, Mozzarella, Swiss, Cheddar

add bacon, mushrooms, onions 2. ea.

CLASSIC BLT - 16

BACON, LETTUCE & TOMATO SERVED ON WHOLE WHEAT TOAST WITH MAYO

CHICKEN CAESAR WRAP* - 16.5

GRILLED CHICKEN, CRISP ROMAINE, PARMIGIAN - WHOLE WHEAT WRAP

CHICKEN MEATBALLS ^{NEW}

PARMIGIAN - 18

SERVED ON A CIABETTA

LENTIL WRAP - 16.5

MARINATED LENTILS WITH LETTUCE, TOMATO, ONION, CUCUMBER & FETA CHEESE ON A WHOLE WHEAT WRAP

CHICKEN SANDWICH* - 17

GRILLED CHICKEN BREAST WITH AVOCADO, LETTUCE, TOMATO & LEMON & OLIVE OIL VINAIGRETTE ON CIABETTA

BOWL OF MUSSELS - 18

STEAMED OPEN WITH AROMATIC VEGETABLES & BEER

NACHOS GRANDE* - 17

GROUND BEEF, CHEDDAR CHEESE, DICED TOMATOES, ONIONS, JALAPENO, BLACK OLIVES, SOUR CREAM, SALSA AND GUACAMOLE

CLASSIC CHEESE OMELETTE* - 14.5

CHOICE OF AMERICAN, SWISS OR CHEDDAR & TOAST SIDE OF FRENCH FRIES

ADD IN BACON, HAM OR SAUSAGE 16.5

AVOCADO TOAST ~ 7 GRAIN BREAD - 12

WITH RED ONION & TOMATO

WITH A FRIED EGG +2.50

CAESAR SALAD - 15

CRISP ROMAINE, PARMIGIAN CHEESE, CROUTONS

- HOUSE MADE CLASSIC CAESAR DRESSING

OCEAN BEACH SALAD - 16

BABY ARUGULA WITH ORANGES, TOMATO,

PEPITAS, RADICCHIO & MANCHEGO

- ITALIAN VINAIGRETTE

Add a Topping ~

grilled chicken breast* +7

grilled salmon* +13

grilled shrimp +3.5 each

BLACKENED MAHI-MAHI

SANDWICH - 19

CAJUN STYLE, WITH LETTUCE, TOMATO AND A HOUSE MADE TARTAR SAUCE ON CIABETTA

BUTTERMILK FRIED CHICKEN

SANDWICH - 17

SUPERFOOD SLAW & DILL PICKLE - HERBED MAYO ON A BRIOCHE ROLL

Substitute Gluten Free Roll 2.00

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

Rachel's reserves the right to add a 18% gratuity to your check