

RACHEL'S LUNCH

Snacks & Apps

TZATZIKI & HUMMUS DIP - 17.5

WITH CAULIFLOWER CHIPS

FRIED CALAMARI - 19

GOLDEN FRIED - SIDE OF TOMATO SAUCE

BUFFALO WINGS* - 17.5

BLEU CHEESE DRESSING & CELERY

MOZZARELLA STICKS - 14

WITH POMODORO SAUCE

CHICKEN TENDERS* - 17

CRISPY WHITE MEAT TENDERLOINS
HONEY MUSTARD DIPPING SAUCE

BOWL OF MUSSELS - 20

STEAMED OPEN - AROMATIC VEGETABLES & BEER

NACHOS GRANDE - 18

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

**served only until 2pm*

Brunch

TWO EGGS ANY STYLE - 12.5

CHOICE OF TOAST - SIDE OF FRENCH FRIES

+ additional +2.5 / egg whites only +3

add side of bacon, ham or sausage +3.75

HEARTY & HEALTHY - 19

QUINOA & EGG SCRAMBLE WITH ZUCCHINI, BROCCOLI &
SPINACH - SLICED FRESH TOMATO

AVOCADO TOAST ~ WHEATBERRY BREAD - 16

WITH RED ONION & TOMATO

WITH A FRIED EGG +2.50

CLASSIC CHEESE OMELETTE - 16.5

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

ADD IN BACON, HAM OR SAUSAGE 18.5

LIGHT OMELETTE - 19

THREE EGG WHITE OMELETTE, WITH MUSHROOMS,
SPINACH AND ONIONS AND CHOICE OF TOAST AND A
SIDE OF FRENCH FRIES

RACHEL'S SANTE FE BURRITO - 18

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

Salad

RACHEL'S HOUSE SALAD - 17.5

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

GREEK SUMMER SALAD - 17.5

ROMAINE LETTUCE, CUCUMBER, TOMATO, KALAMATA
OLIVES, PEPPERONCINI, RED ONION, FETA CHEESE -
LEMON-PARSLEY VINAIGRETTE

CAESAR SALAD - 17.5

CRISP ROMAINE, PARMIGIAN CHEESE, CROUTONS
- HOUSE MADE CLASSIC CAESAR DRESSING

OCEAN BEACH SALAD - 17.5

BABY ARUGULA WITH ORANGE,
TOMATO, PEPITAS,
RADICCHIO & GRUYÈRE
- RED WINE VINEGAR & OLIVE OIL

Salad Toppings

grilled chicken breast* +8.

grilled shrimp +3.75 each

8oz. grilled salmon* +15.

Burgers, Sandwiches & Wraps

SERVED WITH FRENCH FRIES

Vegetarian

BEACH BURGER* - 20

8OZ. BLACK ANGUS BEEF
+ add cheese \$2 American or Mozzarella
add bacon, mushrooms, onions 2.5 ea.

LOBSTER ROLL - 38

DILL, CAPERS & MAYONNAISE ON A
BUTTERY ROLL

BUTTERMILK FRIED CHICKEN

SANDWICH* - 19

COLESLAW & DILL PICKLE

TRIPLE DECKER GRILLED

CHEESE - 17

AMERICAN, SWISS AND
MOZZARELLA CHEESE ON WHOLE
WHEAT TOAST

LENTIL WRAP - 18.5

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

VEGGIE BURGER - 18.5

WITH AVOCADO, RED ONION.
LETTUCE & TOMATO

VEGETABLE WRAP - 19

ROASTED EGGPLANT, ROASTED
TRI-COLOR PEPPERS, BABY
ARUGULA, TOMATO & PARMIGIAN
REGGIANO - WHOLE WHEAT
WRAP

Substitute Gluten Free Roll 2.75

BLACKENED MAHI-MAHI

SANDWICH - 21

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

CHICKEN CAESAR WRAP* - 18

GRILLED CHICKEN, CRISP
ROMAINE, PARMIGIAN - WHOLE
WHEAT WRAP

BREADED FLOUNDER FILET* -

19.5

LETTUCE, TOMATO & HOUSEMADE
TARTAR SAUCE ON CIABATTA

GRILLED CHICKEN

SANDWICH* - 18.5

CHICKEN BREAST, CARAMELIZED
ONIONS, PEPPERS & MELTED
GRUYÈRE ON A CIABATTA BREAD

Wine list, Cocktail list, Beer list, all available!

please take a look!

Please let your server know about any allergies or dietary restrictions when placing your order.

We are happy to consider your needs.

*COOK TO ORDER. 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 20% gratuity to your check