

RACHEL'S LUNCH

SNACKS & APPS

V TZATZIKI & HUMMUS DIP / 14.5

with Cauliflower Chips

FRIED CALAMARI / 18

golden fried ~ side of tomato sauce

BUFFALO WINGS / 15

bleu cheese dressing & celery

MOZZARELLA STICKS / 12

with pomodoro sauce

CHICKEN TENDERS* / 15

crispy white meat tenderloins
honey mustard dipping sauce

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

BRUNCH

TWO EGGS ANY STYLE* / 9.50

choice of toast ~ side of French fries

+ additional +2. / egg whites only +2.5

add side of bacon, ham or sausage +3.75

LIGHT OMELETTE* / 17

three egg white omelette, with mushrooms,
spinach and onions and choice of toast and a
side of French fries

COUNTRY EGG SANDWICH* / 10.5

fried egg, bacon, tomato & Swiss cheese ~
toasted English muffin ~ side of French fries

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

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 ~ Balsamic Vinaigrette

GREEK SUMMER SALAD / 16

romaine lettuce, cucumbers, tomatoes, kalamata
olives, pepperoncini, red onion, feta cheese ~
lemon-parsley vinaigrette

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
~ balsamic vinaigrette

Salad Toppings

grilled chicken breast* +7 grilled salmon* +13 grilled shrimp +3 .5 each

BURGERS, SANDWICHES & WRAPS

SERVED WITH FRENCH FRIES

Vegetarian

BEACH BURGER* / 17.5

½lb. black Angus beef
+ add cheese 1.5
America, Mozzarella, Swiss, Cheddar
add bacon, mushrooms, onions 2. ea.

BACON, LETTUCE & TOMATO / 16

classic sandwich served on
whole wheat toast

LOBSTER ROLL / 26

Dill, Capers & Mayonnaise on a
Buttery Roll

BUTTERMILK FRIED CHICKEN SANDWICH / 17

superfood slaw & dill pickle ~
herbed mayo on a brioche roll

new VEGETABLE WRAP / 17.5

battered eggplant, oven
roasted tri-color peppers,
fresh mozzarella, tomato,
arugula, balsamic glaze

LENTIL WRAP / 16.5

marinated lentils with lettuce,
tomato, onion, cucumber &
feta cheese on a whole wheat
wrap

VEGAN BLACK BEAN BURGER / 17.5

oven roasted tri-color peppers
& hummus

Substitute Gluten Free Roll 2.00

BLACKENED MAHI-MAHI SANDWICH / 19

cajun style, with lettuce, tomato
and a house made tartar sauce
on Ciabatta

CHICKEN CAESAR WRAP* / 16.5

grilled chicken, crisp romaine,
parmigian ~ whole wheat
wrap

CHICKEN SANDWICH* / 17

Grilled chicken breast with
avocado, lettuce, tomato &
lemon & olive oil vinaigrette ~
ciabatta bread

👉 BREADED FLOUNDER FILET* / 18

lettuce, tomato & housemade
tartar sauce on ciabatta

CHILDREN'S LUNCH

For children 12 and under ~ Thank You!

LINGUINE WITH BUTTER OR TOMATO SAUCE / 11.50

RIGATONI BOLOGNESE / 12.50

FRESH CHICKEN TENDERS / 12.50

crispy white meat tenderloins with fries

MAC & CHEESE / 11.50

GRILLED CHEESE SANDWICH / 11.50

classic American grilled cheese sandwich with fries

Rachel's has a wine & cocktail menu, tap & canned beers

Be sure to ask your server!

*Please let your server know about any allergies or dietary restrictions when placing your order.
We are happy to consider your needs.*

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

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."