

# RACHEL'S LUNCH

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## SNACKS & APPS

### **V TZATZIKI & HUMMUS DIP / 16**

with Cauliflower Chips

### **FRIED CALAMARI / 19**

golden fried ~ side of tomato sauce

### **BUFFALO WINGS\* / 16**

bleu cheese dressing & celery

### **MOZZARELLA STICKS / 13**

with pomodoro sauce

### **CHICKEN TENDERS\* / 16**

crispy white meat tenderloins  
honey mustard dipping sauce

### **BOWL OF MUSSELS / 19**

steamed open with aromatic vegetables & beer

### **NACHOS GRANDE / 18**

ground beef, cheddar cheese, diced tomatoes,  
onions, jalapeno, black olives, sour cream, salsa  
and guacamole

## BRUNCH

### **TWO EGGS ANY STYLE / 11**

choice of toast ~ side of French fries

+ additional +2.5 / egg whites only +3

add side of bacon, ham or sausage +3.75

### **ELICON'S EGGS / 18**

Black Beans & Rice with corn & spinach and  
Two Fried Eggs

### **LIGHT OMELETTE / 18**

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

### **CLASSIC CHEESE OMELETTE / 15.5**

choice of American, Swiss or cheddar & toast  
side of French fries

add in bacon, ham or sausage 16.5

### **AVOCADO TOAST ~ WHEATBERRY BREAD / 14**

with red onion & tomato  
with a fried egg +2.50

### **RACHEL'S SANTE FE BURRITO / 18**

scrambled eggs, potatoes, sautéed onions,  
cheddar cheese and jalapenos, whole wheat  
tortilla

## SALAD

### **RACHEL'S HOUSE SALAD / 17**

lettuce, chickpeas, cucumber, artichoke hearts,  
fresh mozzarella & tomato ~ Italian Vinaigrette

### **GREEK SUMMER SALAD / 17**

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

### **CAESAR SALAD / 16**

crisp romaine, parmigian cheese, croutons  
~ House made Classic Caesar dressing

### **OCEAN BEACH SALAD / 17**

baby arugula with oranges, tomato,  
pepitas, radicchio & gruyère  
~ Balsamic vinaigrette

### Salad Toppings

grilled chicken breast\* +7    grilled salmon\* +14    grilled shrimp +3.75 each

## BURGERS, SANDWICHES & WRAPS

SERVED WITH FRENCH FRIES

### BEACH BURGER\* / 18.5

½lb. black Angus beef  
+ add cheese \$2  
America, Mozzarella, Swiss, Cheddar  
add bacon, mushrooms, onions 2.5 ea.

### LOBSTER ROLL / MP

Dill, Capers & Mayonnaise on a  
Buttery Roll

### BUTTERMILK FRIED CHICKEN

#### SANDWICH\* / 18

coleslaw & dill pickle ~ on a  
brioche roll

#### TRIPLE DECKER GRILLED CHEESE / 16

American, Swiss and  
Mozzarella cheese on whole  
wheat toast

## Vegetarian

#### VEGETABLE WRAP / 17.5

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

#### LENTIL WRAP / 17.5

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

#### **VEGAN** BLACK BEAN BURGER / 17.5

topped with oven roasted  
tri-color peppers

*Substitute Gluten Free Roll 2.75*

### BLACKENED MAHI-MAHI

#### SANDWICH / 20

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

#### CHICKEN CAESAR WRAP\* / 17.5

grilled chicken, crisp romaine,  
parmigian ~ whole wheat wrap

#### BREADED FLOUNDER FILET\* / 18

lettuce, tomato & housemade  
tartar sauce on ciabatta

#### GRILLED CHICKEN SANDWICH\* /

17.5

chicken breast, caramelized  
onions & melted Gruyère on a  
ciabatta bread

## CHILDREN'S LUNCH

For children 12 and under ~ Thank You!

#### LINGUINE WITH BUTTER OR TOMATO SAUCE / 12.50

#### RIGATONI BOLOGNESE / 13.50

#### FRESH CHICKEN TENDERS / 13.50

crispy white meat tenderloins with fries

#### MAC & CHEESE / 12.50

#### GRILLED CHEESE SANDWICH / 12.50

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

\*Cook to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness