

SOUPS *Vegan / **GF / ***Both	Small 8oz.	Medium 12oz.	Large 16oz.	X-Large 32oz.
Black Eyed Peas & Kale***	\$5.00	\$6.00	\$7.00	\$15.00
Chicken Noodle	\$6.00	\$7.00	\$8.00	\$16.00
Dive Seafood Gumbo**	\$8.00	\$10.00	\$12.00	\$25.00
Impossible Vegan Chili***	\$7.00	\$8.00	\$9.00	\$18.00
Salmon Chowder**	\$6.00	\$7.00	\$8.00	\$16.00
Tomato Basil***	\$5.00	\$6.00	\$7.00	\$14.00
White Bean***	\$5.00	\$6.00	\$7.00	\$14.00

Wraps

BOAR'S HEAD GF wraps \$8.00
Chipotle Chicken, Corned Beef,
Maple Honey Turkey
Albacore Tuna
Grilled Chicken \$9.00
Grilled Veggie* \$9.00
Impossible burger * \$9.00

Salads

Small \$4.00 Large \$8.00

Caesar parmesan cheese & house made croutons

Garden salad carrots, radish, cucumber, fresh beets, red cabbage, tomatoes and Craisins

Spinach Carrots, red cabbage, red onion, walnuts and Craisins

Kale cheese, radish, walnuts and Craisins

Add: chicken \$3.75 salmon \$6.25 shrimp \$3.75

Flatbreads

Topped with fresh herb tomatoes, parmesan, mozzarella & provolone cheese, baked to a golden brown, balsamic dressing on the side
GF Flatbreads Available **

Grilled Chicken \$8.50
Diced grill Halal chicken breast, red onions & herbs

Spinach & Mushroom \$8.25
Fresh spinach, portabella mushrooms & red onions

Cilantro Shrimp \$9.00
Succulent jumbo shrimp, sweet peppers & cilantro

Impossible * \$9.00
Ground impossible burger, sweet red peppers, mushrooms & red onions

Specialty Sandwiches

Garden Veggie Burger \$9.25
Topped with grilled onions served on an Everything bun

Chipotle Black Bean Burger \$9.25
Southwestern flavored served on onion roll & garnished with grilled onions, cilantro & sour cream

Chicken Breast \$9.25
Grilled and sliced tender Halal Chicken breast
Sauces: barbecue, caesar or teriyaki

Turkey Burger \$8.50
Grilled 92% fat free ground turkey meat mix with our blend of spices. Topped with grilled onions, lettuce, tomatoes & served on a Brioche bun with our signature coleslaw & Dive Sauce

Turkey Chop (open face) Sandwich \$9.75
Marinated, grilled & topped with grilled onion served with our signature coleslaw & Dive Sauce
Honey wheat swirl bread

Grilled Tilapia (open face) Sandwich \$9.00
marinade, grilled & serve on honey wheat swirl bread

Deli Sandwiches

Half \$4.00 Whole \$8.00

BOAR'S Head
Chipotle Chicken, Corned Beef, Maple Honey Turkey

Albacore Tuna, Grilled Cheese

Soup'er Deal \$8.00

Pick two
8oz bowl of soup, small salad, half deli sandwich

Gumbo is not included

Dinner Entrees

Chicken Breast \$11.00

Grilled and sliced tender Halal breast

Wild Alaskan Salmon Fillet \$14.00

Grilled to perfection

Croquettes (2) \$14.00 choose from

Jumbo lump crab & herbs

Wild Salmon, Baked, flaked & seasoned w/herbs

Albacore Tuna w/herbs and a hint of lemon zest

Cilantro Shrimp \$13.00

Succulent jumbo shrimp tossed in teriyaki and garnished with sweet peppers & cilantro

Turkey Chops \$13.00

Tender chops marinated seasoned

& grill to perfection

Lamb Chops \$18.00

Marinated in a rosemary rub, grilled, tender & juicy

Ginger Vegetables \$12.00

A medley of seasonal vegetables, sautéed with ginger and herbs served with vegetable medley, rice & cornbread

Sides

Rice (white or brown)	\$2.50
Coleslaw	\$1.50
Buttered Corn	\$4.00
Seasonal Vegetables	\$3.00
Red Skin Potatoes	\$4.00
Sautéed Spinach	\$4.00
Sautéed Kale	\$4.00

Deserts

Pound Cake	\$4.00
Peach Cobbler	\$5.00
Potato Chips **	\$5.00
Alkaline Water	\$1.50
Variety of Soft Drinks	\$2.00

Prices are subject to change without notice

Croquette Sandwich \$9.00

full quarter pound of the finest seafood available. Seasoned to perfection & seared to a golden brown in 100% extra virgin olive oil

Crab Cake

Jumbo lump crab cake

Tuna Croquette

Albacore tuna & herbs

Salmon Croquette

Wild Alaska salmon fillet, baked & flaked to create the best croquette ever

Pattie only \$6.00

Po' Boy

Warmed Hoagie Bun

Garnished with lettuce, herb tomatoes, spicy Aioli

Grilled Chicken \$9.25

Grilled Halal chicken breast

Vegetarian \$9.00

Fresh Seasonal vegetable

Cilantro Shrimp \$9.50

Succulent jumbo shrimp, cilantro, sweet peppers

Impossible \$10.00

Ground impossible burger, sweet red peppers

Smoothies \$5.50

Fresh Fruit Fusion

A blend of the very best fruits available

Go Green

A blend of green vegetables and tropical fruits surprisingly delicious

Straw-Bana

Ripe bananas and sweet strawberries

Very Berry

A variety of sweet berries

For extra health benefits add

- flaxseed
- wheatgrass
- whey protein
- Energy Shot