

# RACHEL'S LUNCH

## Fall Menu

### 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

#### 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

### 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

#### CLASSIC CHEESE OMELETTE - 16.5

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

ADD IN BACON, HAM OR SAUSAGE 18.5

#### RACHEL'S SANTE FE BURRITO - 18

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

#### HEARTY & HEALTHY - 19

QUINOA WITH SAUTÉED ZUCCHINI, BROCCOLI &  
SPINACH TOPPED WITH EGGS OVER EASY - SLICED FRESH  
TOMATO

#### LIGHT OMELETTE - 19

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

*Brunch items are served until 2pm*

### 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

## BEACH BURGER\* - 20

8OZ. BLACK ANGUS BEEF

+ add cheese \$2 American or Mozzarella  
add bacon, mushrooms, onions 2.5 ea.

## BUTTERMILK FRIED CHICKEN

### SANDWICH\* - 19

COLESLAW & DILL PICKLE

## TRIPLE DECKER GRILLED

### CHEESE - 17

AMERICAN, SWISS AND  
MOZZARELLA CHEESE ON WHOLE  
WHEAT TOAST

## Vegetarian

### VEGGIE BURGER - 18.5

WITH GOAT CHEESE & CUCUMBER

### LENTIL WRAP - 18.5

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

## 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*