



F·R·E·S·H S·T·A·R·T·S
RESTAURANT, CATERING & WINE SHOP

2009 SUMMER LUNCH MENU

Monday through Saturday 11 a.m. until 3 p.m.

ENTRÉE SALADS

HEIRLOOM TOMATO BLISS

Fresh-sliced heirloom tomatoes, fresh basil, fresh mozzarella, arugula, toasted pine nuts, balsamic shallot herb olive oil - 10.50

♥ **MEDITERRANEAN SALAD**

Mixed greens, feta, kalamata olive, hard-boiled egg, Albacore tuna, tomato, cucumber, red onion and lemon-Dijon herb dressing - 9.95

♥ **GRILLED JUMBO CITRUS SHRIMP (3)**

Mesculyn greens, fresh fruit, crumbled feta cheese, crunchy chow mein noodles, grilled citrus shrimp and lemon-strawberry basil vinaigrette - 10.50

BEEF & BLUE SPINACH SALAD

Fresh spinach, grilled beef tenderloin, crumbled blue cheese, roasted tomato and choice of dressing - 11.50

ORIENTAL TUNA

Soy, water chestnuts, pea pods, carrots, Albacore tuna and mayonnaise on a bed of greens with tomato, cucumber and choice of dressing - 8.95

HERB CHICKEN SALAD

Fresh herbs, diced breast of chicken, mayonnaise, sour cream and celery on greens with tomato and cucumber with choice of dressing - 8.95

FRESH STARTS COBB

Mixed greens, fresh turkey breast, bacon, red onion, hard-boiled egg, blue cheese, cucumber and tomato with choice of dressing - 8.95

♥ **PINEAPPLE-MANGO BBQ SALMON & SPINACH SALAD**

Fresh spinach, pineapple mango BBQ-glazed filet of salmon, pine nuts and fresh fruit with raspberry vinaigrette - 10.50

♥ **AVOCADO TOSTADA**

Corn tortilla chips with warm black-bean spread, lettuce, diced tomato, house-made guacamole, shredded chihuahua cheese and salsa - 8.95, with diced grilled chicken, add 2.50

NAPA CABBAGE SALAD

Chiffonade of Napa cabbage, toasted ramen noodles, black sesame seeds, honey-soy dressing, green onions and a warm pecan-chicken breast - 10.50

MESCULYN SALAD

Warm goat cheese, baby field greens topped with fruit, red onions, sugared pecans and raspberry vinaigrette - 9.50

CAESAR CHICKEN SALAD

Romaine lettuce, marinated grilled chicken breast, our famous dressing, parmesan cheese and croutons - 9.50

♥ **HOUSE SALAD**

Mixed greens with tomato, cucumber and onion - 5.00

HOUSE-MADE DRESSINGS

Parmesan peppercorn, balsamic vinaigrette, raspberry vinaigrette, creamy blue cheese or honey mustard

SANDWICHES

Served with side-dish du jour.

SOUTHWEST WRAP

Chipotle sour cream, ham, black beans, roasted corn, onion, cilantro relish, tomato and mixed greens on a grilled tomato tortilla - 9.50

♥ **SALMON WRAP**

Quinoa dusted and grilled filet of salmon, multi grain tortilla, fresh spinach, Roma tomato, caramelized balsamic onions, lemon mustard herb sauce - 9.50

PANINI SPECIAL

Ask for today's selection - 9.95

ULTIMATE TURKEY BLT

On multi-grain bread with sliced roast turkey, avocado, bacon, fresh tomato and lettuce with lemon Dijon herb sauce - 8.95

GRILLED CHICKEN BREAST

Basil pesto, roasted red peppers, fresh spinach, grilled chicken breast on brioche roll - 8.95

HERB CHICKEN SALAD OR ORIENTAL TUNA SALAD

Our most popular salads stacked on your choice of bread with lettuce and tomato - 8.95

1/2 SANDWICH & CUP OF SOUP

Choice of bread, choice of meats - 8.95

ROAST TURKEY & COUNTRY HAM CLUB

Stacked on brioche with bacon, lettuce, tomato, provolone and cheddar cheese with mayonnaise - 8.95

JUMBO LUMP CRAB CAKE SANDWICH

Two of our famous crab cakes served open face on grilled bread with remoulade sauce, lettuce and tomato - 12.50

CAESAR CHICKEN WRAP

Our famous Caesar salad with parmesan cheese wrapped in a tomato tortilla or multi-grain tortilla with grilled diced chicken - 8.50

CHEESEBURGER

1/2 lb. Coleman beef, grilled with your choice of cheddar, blue or provolone cheese with lettuce and tomato & onion on a toasted brioche - 8.95

♥ **WARM VEGETARIAN**

Grilled eggplant, portabella mushroom, tomato, squash and spinach with or without melted mozzarella cheese on brioche with sun-dried tomato pesto - 8.50

ENTREES & PASTAS

*Served with small house salad, bread & butter.
May substitute small soup for salad, \$1.*

NEW ORLEANS PASTA

With andouille sausage, green onions, chicken, radiatori pasta and Cajun cream sauce - 11.50, with shrimp, 4

♥ **SAUTÉED CHICKEN**

Angel -hair pasta tossed with chicken, pea pods, red peppers and a white wine garlic sauce - 10.50

♥ **RIGATONI & ROASTED VEGETABLE**

Rigatoni, roasted summer eggplant, zucchini, asparagus, portabella mushroom, garlic, white wine, light marinara sauce - 10.50

♥ **TUSCAN WHOLE WHEAT PENNE PASTA**

Tossed with fresh tomato, basil, garlic, onion and olive oil, with fresh mozzarella - 9.50

SHRIMP & GRITS

Our famous pan-seared grits topped with shrimp, green onions, spinach, tomato and a lemon garlic cream sauce - 12.50

FARFALLE CHICKEN

Diced chicken, spinach and sundried tomatoes, tossed with bowtie pasta and a chive beurre blanc sauce - 11.95

♥ **SICILIAN FETTUCCHINI**

Albacore tuna, herbed garlic bread crumbs, kalamata olives, fettuccine, olive oil and lemon in an herbed white-wine sauce - 10.50

SANTOS' FISH SPECIAL

Ask your server - market price

SANTOS' PASTA SPECIAL

Ask your server - market price

♥ *Indicates heart-healthy and weight-conscious items. Tables are reserved for patrons wishing full lunches.
Thank you! Split lunches \$2. Please, no separate checks. Gratuity of 18% added to parties of 6 or more.*