

the
REAL-BAR
LUNCH MENU

REAL MIXED GREEN SALADS

All salads \$6.50 | add chicken \$3.50
ranch, blue cheese, oriental, poppyseed, apple or
balsamic vinaigrette, italian

REAL HOUSE

greens, cucumbers, red pepper, mixed cheeses

MEDITERRANEAN

greens, artichoke, red pepper, olives, croutons, with
greek caper dressing

ASIAN SALAD

mixed greens, mandarin oranges, wonton strips,
almonds, sesame oriental dressing (contains nuts)

REAL TRIO | \$12

chicken salad, pimento cheese, black bean corn
salad

STRAWBERRY & GOUDA

greens, strawberries, gouda, poppyseed dressing

**REAL SANDWICHES &
WRAPS**

\$7.95

sandwiches - choice of croissant, wheatberry, sourdough
Wraps - choice of flour, tomato, spinach
side choice - black bean corn, chips, fruit, pasta salad

**REAL CHICKEN
SALAD SANDWICH
OR WRAP**

**SMOKED TURKEY &
HAVARTI SANDWICH**
turkey, havarti, basil
pesto mayo

**BLACK FOREST HAM &
CHEDDAR SANDWICH
OR WRAP**
w/horseradish mustard
mayo

**REAL PIMENTO
CHEESE SANDWICH
OR WRAP**
cheddar, jack, sun-dried
tomato pesto

**SMOKED TURKEY &
MONTERREY JACK
WRAP**

turkey, jack, ranch cream

**TURKEY & HAVARTI
WRAP**

turkey, havarti, apples,
honey cream spread

**ULTIMATE VEGGIE
WRAP**

seasonal veggies,
roasted red pepper
hummus, havarti

REAL COMBO! \$9
pick 2 -1/2
sandwich/wrap, salad,
cup of soup

REAL SOUPS & STARTERS

SOUPS \$3.95 CUP \$5.95 BOWL
CREAMY TOMATO BASIL OR CORN CHOWDER

STARTERS

HUMMUS & VEGGIES \$6
BLACK BEAN DIP \$9
CREAMY CRAB DIP \$10
CHEESE BOARD \$6.95

**REAL PIZZAS, TACOS &
MORE!**

PIZZAS | FLATBREAD OR PIZZA DOUGH | \$12
Margherita
Pepperoni Basil

TACOS!

2 - \$8.95 3- \$12 | choice of flour or corn

LOADED VEGETARIAN TACO

black beans, corn, red pepper, squash, zucchini,
green onions, avocado, chipotle cream drizzle

THE THAI

Choice of protein | ahi tuna, plum pulled pork,
blackened chicken
citrus ginger slaw, toasted almonds

BURRITO BOWL

BLACKENED CHICKEN OR CHIPOTLE PORK

black beans, rice, salsa, sliced avocado, melted
pepperjack or monterrey jack cheese, sour cream,
tortilla chips, lime zest
\$10.95

NEW! BLUE CRAB CAKE

pan seared, lemon aioli, citrus slaw
choice of house or strawberry side salad
1 | \$8 2 | \$12.50

REAL KIDS!

with fruit cup or kettle chips | \$4.95
Peanut Butter & Jelly or Grilled Cheese

REAL BEVERAGES - \$1.95

Coke, Diet Coke, Sprite, Sweet & Unsweet Tea, Hot
Tea, Regular & Decaf Coffee
Sparkling Water - \$2.45
Please ask server for Beer | Wine List