

# Teddy's Bar & Grill

## Stop Working, Eat Lunch

### LUNCH MENU

#### OPENERS BAR SNACKS

**Tomato Basil Bruschetta** Grilled, crusty Italian bread with fresh, chilled tomato basil topping. 5.95

**B.B.Q. Ribs** Tender BBQ spare ribs served with cole slaw. 7.95

**Crunchy Portobello's** Strips of portobello in a crispy salt, pepper and lemon zest coating served with two dipping sauces. 7.95

**Wings** Teddy's crispy & spicy wings served with blue cheese dressing, celery & carrots. snack-8.95 platter-18.95

**Calamari** Cornmeal crusted calamari fried crisp and served with our zesty remoulade dipping sauce. 8.95

**Quesadilla** Grilled flour tortillas with melted Jack cheese, fresh tomato, guacamole, and sour cream. 6.50

**Nachos** Fresh tortilla chips covered with melted Jack and cheddar, fresh tomato, jalapeño slices and sour cream. 7.95

**Nachos Supreme** Our regular nachos smothered in our home-made beef chili, served with guacamole. 9.95

**Steak Tips Au-poivre** Cubes of tender Hanger steak coated in black pepper, and sesame seeds, seared to order, with horseradish cream 9.95

**Shrimp Cabana** Plump shrimp stuffed with Jack cheese and jalapenos, wrapped in crispy bacon, tangy lemon dipping sauce. 7.95

**Mussels** Big bowl of fresh steamed mussels in choice of white wine garlic, or marinara sauce, served with bread to soak up the sauce. 9.95

#### SANDWICHES

**BURGERS** A Huge and Juicy 10 oz. Burger, ground fresh daily, and grilled to order. It's delicious w/lettuce, tomato & onion, 7.95

**Chipotle Chicken Burger** Juicy chicken and chipotle peppers 7 grain roll 8.95

**NOT JUST FOR VEGETARIANS Farm Veggie Burger** Vegan, grains, tempeh, almonds, beans mixed vegetables, on 7 grain bun 9.95

**Extras** American, Cheddar, Swiss, Jack, Fêta, mozzarella or blue cheese, sautéed onions, mushrooms, deep fried onions, jalapenos, red pepper sauce. BBQ, remoulade, salsa, .75 each

goat cheese, bacon, chili 1.00 each

With golden Steak fries Add 2.00

With spiral-cut Spicy fries Add 2.50

**Cubano** Thinly sliced ham, roasted pork loin, Swiss and Jack cheese, roasted garlic mayonnaise and thinly sliced pickles Cuban bread toasted in a sandwich press. 10.95

## SANDWICHES continued

**House Made Mozzarella Panini** roasted red pepper, soft mozzarella, fresh basil, olive sundried tomato tapenade, on Afghani flat bread cooked in Panini press. Crispy gooey, good 9.95

**Chicken Panini** Grilled Chicken, roasted red pepper, arugula with Asiago cheese, on Afghani flat bread cooked in a Panini sandwich press. Crispy gooey and good 9.95

**Turkey Club** Double-decker sandwich sliced turkey on toast with bacon, lettuce, tomato, cole slaw, pickle 7.95

**The Kirby** Our chipotle marinated, spicy grilled chicken breast, ham, melted Swiss, lettuce & tomato on ciabatta Roll. 9.95

**Chicken Sandwich** Spicy grilled marinated chicken breast, roasted red pepper, basil mayonaise, lettuce ciabatta Roll. 8.95

**Steak Sandwich** Thinly sliced London broil melted Jack cheese, fried onions on Italian bread. 9.95

**Salmon B.L.T.** Grilled salmon fillet, bacon, romaine lettuce, tomato basil mayo on Challah bread. 11.00

**Crab Cake Sandwich** Crispy fried crab cake with remoulade, and Jamaican slaw 10.00

**Blackened Catfish Sandwich** Fresh farm raised catfish, blackened, w/ tomato, onion, roasted garlic mayo, on a bun, cole slaw and mango salsa. 10.00

ALL SANDWICHES CAN COME WITH  
- GOLDEN STEAK FRIES ADD 2.00  
- SPIRAL-CUT SPICY FRIES ADD 2.50

## SALAD

**Cobb Salad** Crisp romaine and spinach piled with avocado, olives, peas, corn, mushrooms, garbanzo beans, blue cheese, hard boiled egg, warm turkey breast, & bacon. 11.95

**Gorgonzola Salad** Red leaf lettuce mixed with field greens and red onion, tiny grape tomatoes and creamy Gorgonzola, refreshing vinaigrette, served with red pepper bruschetta. 9.95

**Panella Salad** Cucumber, red onion, Tomato avocado soft panella cheese, spicy choulula, toasted spiced pecans, olive oil & lime dressing 9.95

**Caesar Salad** Romaine lettuce tossed in our homemade dressing, herb croutons, & Parmesan. 4.95

Topped with spicy grilled marinated Chicken Breast 7.95

Topped with fresh grilled salmon. 9.95

## Soup/Comfort

**Aztec Soup** Hot & spicy chunky tomato and pepper soup served with strips of crispy tortilla, avocado, panella cheese & crispy fried jalapeno 5.95

**Bowl of Chili** Rich, homemade beef chili topped with a sprinkle of grated cheese, onions, sour cream and jalapenos 7.95

**Mac & Cheese** Creamy gooey and good with side salad. 10.95

06/01/10

## DESSERT

*Homemade Apple Crisp ... \$6.95*  
*Add Vanilla Ice Cream \$2.00*  
*Chocolate Chip Espresso Brownie*  
*Hot Fudge & Whip Cream ... \$5.95*  
*Whiskey Cake With Sauce 7.95*

For parties of 5 or larger, a gratuity of 18 % may be added to your check