



## Starters

### Boneless Wings

Crispy white meat boneless wings served with choice of Buffalo or BBQ sauce • \$10

### Quesadilla

Fire-roasted corn, pico de gallo, scallions, Monterey Jack and cheddar cheese with piquillo crema • \$8

Add: chicken \$5 shrimp \$7 steak \$8

### BLT Sliders

On a homestyle roll with Applewood bacon, Bibb lettuce, vine ripe tomatoes and mayonnaise • \$8

### Onion Rings

Golden brown fried white onions served with Crystal sauce and ketchup • \$8

### Sticky Pork Steam Buns

Glazed pork belly, pickled onion, cucumber, carrots and cilantro • \$12

### Salmon Burger Sliders

Citrus herb crusted salmon cakes, Cajun remoulade, lettuce and tomato • \$13

Bowl of Soup • \$4

## Sandwiches

Sandwiches come with choice of French fries, house chips, fruit or cole slaw. Substitute sweet potato fries for \$1 or onion rings for \$3

### Cranberry Apple Brie Turkey Sandwich **B**

Roast turkey, brie, cranberry apple jam and arugula on toasted cranberry walnut bread • \$13

### American Burger

Served on a toasted brioche roll with lettuce, tomato, onion, pickle and a choice of American, Swiss, Provolone or cheddar cheese • \$12 Add Bacon • \$2

### Philly Cheese Steak

Shaved sirloin steak, peppers, mushrooms, onion, smoked Provolone cheese on a fresh hoagie roll • \$14

### Fish Sandwich

Grilled, seared or blackened fish of the day with lettuce, tomato, pickle and onion with house remoulade on a toasted brioche bun • Market Price

### Chicken Sandwich

Fried chicken breast, honey mustard coleslaw, provolone cheese, Applewood bacon, brioche bun • \$13

## Blue Stone Oven

Small Cheese Pizza \$8 • Large Cheese Pizza \$13 • Gluten Free Pizza • \$11

### Additional Pie Toppings:

\$.75 each/small and GF • \$1.25 each/large

Pizza toppings: Tomatoes, Onions, Olives, Peppers, Mushrooms, Spinach, Basil, Bruschetta, Ricotta, Ham, Pineapple, Steak, Italian Sausage, Pepperoni, Bacon

Ask your server for a customization card

Hawaiian Pizza: Fresh dough, homemade

## Salads

### House Salad **GF** **V**

Mixed greens, tomato, onion, cucumber with choice of dressing • \$8

### Caesar Salad **V**

Tender romaine lettuce with creamy dressing, Parmesan cheese and herb focaccia croutons • \$9

### Watermelon Caprese Salad **GF** **B** **V**

Fresh mozzarella, vine ripe watermelon and fresh basil with a balsamic glaze and olive oil • \$11

### Cobb Salad **GF** **B** **V**

Spring mix, hard boiled egg, vine ripe tomatoes, Applewood bacon, blue cheese crumbles and choice of dressing • \$13

Add to any salad: chicken \$5 shrimp \$7 salmon/mahi \$9

### Sweet Corn Blackened Shrimp Salad **GF**

Mixed greens, arugula, fresh corn, red onion, goat cheese, heirloom tomato with a mango vinaigrette • \$16

### Salmon & Beet Salad

Baby arugula, radicchio, goat cheese, Florida oranges, fennel, orange honey vinaigrette with a cranberry bread crisp • \$18

## Entrées

Add small house or Caesar salad to your entrée • \$3

Add soup to your entrée • \$2

### Bacon Wrapped Chicken

Chicken breast stuffed with Swiss cheese and rolled in Applewood bacon, served with mashed potatoes, spinach and a demi glaze • \$15

### Pork Chop **GF**

Frenched bone in pork chop with sweet potato purée, asparagus and a blackberry dijon sauce • \$19

### Boursin Encrusted Filet Mignon **GF**

Sous vide center cut filet mignon served with sweet potato wedges and sautéed asparagus • \$28

### Meatloaf

Meatloaf with mashed potatoes, gravy and baby carrots • \$16

### Sautéed Salmon **B**

Served with sweet potato, kale, farro, caramelized onion, cranberry and a lemon butter sauce • \$20

### Eggplant Meatballs **V**

Over angel hair pasta with a marinara sauce and broccoli • \$12

## LifeQuest Bowls

Customize Your Own • \$12

Protein: Choice of Chicken, Shrimp or Steak  
Vegetables: Yellow Squash, Mushrooms, Grape Tomato, Red and Green Peppers, Onion, Cabbage, Kale, Spinach, Zucchini, Chickpeas, Black Beans, Broccoli, Carrots  
Starch: Sweet Potato, Quinoa, Farro  
Sauce: Peanut Sauce, Mango Sauce, Teriyaki Sauce

Ask your server for a customization card

### Signature LifeQuest Bowls

#### Crystal Creation **GF**

Sweet potato, kale, spinach, onion, cabbage, shrimp • \$12

#### Southwest Bowl

Black beans, onions, peppers, mushrooms, farro, zucchini sweet potato, tomato, chicken • \$12

Indicates LifeQuest Nutritional Option **GF** Indicates Gluten Free Option **V** Indicates Vegetarian Option **B** Indicates Brain Food

Consuming undercooked meats, seafood and eggs may increase the risk for food borne illnesses.  
18% gratuity will be added to each guest check.