



LUNCH MENU

BEVERAGES

Soft Drinks 1.99	
Pepsi	Mountain Dew
Diet Pepsi	Diet Mountain Dew
Cherry Pepsi	Dr. Pepper
Mug Rootbeer	Sierra Mist
Diet Peach Tea	Raspberry Iced Tea

Walrus House Brew Iced Tea

Also available: "Steep Me" tea
Italian Sodas

SOUP, SALAD AND SANDWICH

Bowl of Soup & Salad 6.99
Cup of Soup 3.99
Cup of Soup & Sandwich 6.99
Bowl of Soup 4.99
Salad & Sandwich 6.99
Caesar or Garden Salad 2.99
Sandwich 4.99

Sandwiches are prepared with lettuce, tomato, cheese and mayonnaise. Choice of turkey, ham or roast beef, American, Swiss or Pepper Jack Cheese. Served on whole wheat bread.

SALADS

Tuscany Salad for Two 12.99
Tuscany for One 9.99

Asparagus, artichokes, mushrooms, broccoli, onions, squash and sugar snap peas with red peppers, kalamata olives and sun-dried tomatoes sautéed and served over mixed greens with honey-mustard vinaigrette.

Crab Cakes & Greens 9.99

House crab cakes, mixed greens and feta cheese, with our honey-mustard vinaigrette.

Margarita Chicken Salad 8.99

Tequila lime grilled chicken breast with fresh salsa, black beans, corn, cilantro and crisp romaine lettuce. With tortilla strips and chipotle-orange vinaigrette.

Hummus & Greens 7.99

House-made hummus with mixed greens, tahini garlic dressing and toasted pita.

Chicken Portabella Salad 8.99

Gourmet salad greens with a sautéed chicken breast, portabella mushrooms and sugar snap peas, tomato and blue cheese vinaigrette.

Signature Spinach 8.99

Fresh spinach with goat cheese fritters, red onion, dried cranberries, walnuts and warm bacon-Dijon vinaigrette.

Grilled Seafood Salad 8.99

Grilled shrimp or salmon filet with fresh tomato and mushrooms on mixed greens with honey-mustard vinaigrette and feta cheese.

Chicken Caesar 8.99

Grilled chicken breast with crisp romaine, fresh Parmesan cheese, croutons and Caesar dressing.

**Dressings: Ranch, House Bleu Cheese, Italian, House Honey Mustard, Tahini-Garlic, Thousand Island*

**House Low or no-fat dressings: Sun-Dried Tomato, Toasted Sesame, French*

**INDULGE
YOUR INNER
CHILD.**

PASTAS

Fettuccine Alfredo 7.99

Fettuccine with broccoli and roasted garlic-Parmesan cream sauce.

With sautéed chicken breast 8.99

With sautéed shrimp 10.99

Chicken Parmesan 8.99

Crispy chicken over penne and marinara, baked with mozzarella and Parmesan cheese.

Italian Sausage Pizziola 8.99

Penne pasta, spicy Italian sausage, peppers, onions and mushrooms with house marinara sauce.

Chicken Florentine Ravioli 8.99

Cheese ravioli, spinach and sautéed chicken breast with Parmesan cream sauce.

Spicy Rock 10.49

Shrimp fettuccine, onions, jalapeños and mushrooms in roasted garlic wine sauce.

With sautéed chicken breast 7.99

Meatball Linguine 7.99

Home made meatballs with house marinara and linguine.

Cajun Chicken Linguine 8.99

Linguine, onions, red peppers, roasted garlic and green chilies in a Cajun Parmesan cream sauce.

With sautéed shrimp 10.99

Pasta Prima Vera 7.99

Linguine, asparagus, onions, broccoli, roasted garlic, portabella mushrooms, red peppers, squash and snap peas in a light pesto-wine sauce.

Chicken Dijon Tortellini 8.99

Cheese tortellini, chicken and asparagus with Dijon cream sauce.

PIZZAS

All pies are 9".
14" pies available upon request.
Calzones are available for the same price as a 9" pie. Please allow extra time for baking.

Polar Bear 9.99

Canadian bacon, sausage, chicken, pepperoni and mozzarella with white sauce.

Meatza Pizza 9.99

Canadian bacon, sausage, meatballs, pepperoni with mozzarella and red sauce.

Gibraltar 9.99

Canadian bacon, pepperoni, sausage, onions, mushrooms, peppers, black olives and roasted garlic with red sauce and mozzarella.

Chipotle Chicken 9.99

Grilled chicken, black beans and cheddar jack cheese with salsa fresca, crispy tortilla strips and chipotle-lime sour cream.

Roman 9.99

Chicken, sun-dried tomatoes, red peppers, pine nuts and feta cheese with mozzarella and white sauce.

Uncle Royal 8.99

Double pepperoni and double mozzarella with red sauce.

Mediterranean 9.99

Sun-dried tomatoes, artichoke hearts, black olives and red onion with feta cheese and pesto sauce.

Wall-rus 9.99

Canadian bacon, sausage, sauerkraut, onions and Swiss cheese with mozzarella and Dijon sauce.

Aloha 8.99

Canadian bacon, pineapple, black olives and mozzarella with red sauce.

Pizza Uno 6.99

Single item with mozzarella and red sauce.

Extra toppings: 75¢

GOOD FOOD. GOOD DRINK. GOOD TIMES.

SANDWICHES AND BURGERS

Served with your choice of fries, salad or cup of soup.
Substitute sweet potato fries for 1.49.

Buffalo Chicken Wrap



Bailey Burger 8.99

½ pound beef burger with lettuce, tomato and onion on a toasted roll.

Add thick cut bacon 1.29

Sautéed onions or mushrooms 79¢

Add American, Swiss, pepper jack or bleu cheese 99¢

Santa Fe Chicken 7.99

Grilled chicken breast with salsa mayo and pepper jack cheese on a toasted roll.

Grilled Portabella 7.99

Grilled portabella mushroom with roasted red onion, zucchini and squash with pesto aioli on a toasted roll.

Buffalo Chicken Wrap 7.99

Crispy breaded chicken, buffalo sauce, romaine, tomato and jack cheddar cheese in a fresh tortilla.

The Thor 8.99

Roast beef and Swiss cheese on grilled flatbread with au jus.

Turkey & Asparagus 8.99

Smoked turkey, sautéed asparagus and mushrooms with Swiss and mayo on grilled flatbread.

Philly 8.99

Roast beef, grilled onions, peppers and mushrooms on grilled flatbread with Swiss cheese.

BLT 6.99

Thick cut bacon, tomato and lettuce with mayo on whole wheat toast.

Green Thumb 8.99

Sautéed artichokes, asparagus, mushrooms, red peppers, sugar snap peas, squash, onion, fresh spinach and feta with pesto aioli on grilled flatbread.

Check out our specials at
thewalrusrestaurant.com