

Welcome to Traditions Inn!  
**LUNCH MENU**

**ENTREES**

**Garlic Chicken and Pasta**

Grilled chicken with alfredo sauce served over pasta with garden salad and focaccia herb bread. 7.99

**Soup, Scoop and Muffin**

Cup of soup, scoop of chicken salad of the day and homemade muffin. 7.99

**Hot Chicken Casserole**

A hearty chicken, rice and almond casserole served with fruit and muffin.  
Regular 7.99 Large 8.99

**SALADS**

**Chipotle Chicken Salad**

Seasoned grilled chicken served atop mixed greens with Colby Jack cheese, onions, corn and black bean salsa and tortilla chips with Chipotle ranch dressing. 7.99

**House Gourmet Salad**

Mixed greens, craisins, sugared toasted almonds, Feta cheese, cucumber, red onion, croutons and a flatbread cracker with house dressing. 6.99  
Add chicken for just \$1.00

**Steak and Bleu Cheese Salad**

Tender Certified Angus Beef® steak served over mixed greens with cucumber, tomato and radishes, sprinkled with walnuts, Bleu cheese crumbles and Bleu cheese dressing. Served with flatbread cracker. 8.99

**SMALL PLATES FOR SMALL APPETITES**

**Petite Pasta**

Pasta with choice of alfredo or marinara sauce, served with foccacia bread 4.99  
Add chicken for just \$1.00

**Child's Sandwich**

Choice of turkey, roast beef or peanut butter and jelly. Served with fruit and chips. 4.99

**The Snacker**

Cup of homemade soup and half sandwich of the day with chips. 6.29

**Sandwich With Tea Set**

(cookie and pot of tea or pop) 6.99

**Tasty Trio**

Cup of soup, garden salad and fresh baked muffin. 6.79

**ALA CARTE**

Side Salad 2.99

Soup - Cup 2.29, Bowl 4.29

Muffin 1.29

Hot Cheesy Potato Salad Small 1.59, Large 1.99

Fruit 1.59

## SANDWICHES

All sandwiches served with fruit, chips, hot cheesy potato salad or soup.

### Chicken Salad Croissant

Our own fresh, homemade chicken salad with leaf lettuce on a butter croissant. 7.99

### Chipotle Grilled Chicken Sandwich

Tender seasoned chicken breast with Chipotle ranch dressing, lettuce, Jack cheese and tomato on a toasted bun with corn and black bean salsa and tortilla chips. 7.99

### Certified Angus Beef® Burger

Quarter pounder burger topped with Bleu cheese sauce or Swiss cheese and served on a toasted bun. 7.99

### Bruschetta Burger

Certified Angus Beef® burger served open face with pesto mayo, fresh mozzarella with bruschetta mix on a toasted ciabatta bun. 7.99

### Reuben

Corned beef piled high with Swiss cheese, beer marinated kraut and Bistro sauce on grilled marble rye bread. 7.99

### Portabella Panini

Marinated mushrooms with spinach and artichoke spread, topped with melted provolone cheese and served on focaccia bread.

Vegetarian 6.99 with Chicken 7.99

### Sicilian Panini Sandwich

Your choice of thin sliced roast beef, chicken, or turkey with creamy spinach and artichoke spread, Swiss cheese and tomato on our fresh baked focaccia bread. 7.99

### Tuscan Turkey Panini Sandwich

Sliced smoked turkey, proscuitto, sundried tomato pesto mayo, red onion and Asiago cheese on house made focaccia bread. 7.99

## BEVERAGES

Pop, Gourmet Flavored Iced Tea 1.49

Spiced Cider, Hot Chocolate 1.49

China Mist Regular Iced Tea 1.29

Hot Tea or Flavored Coffee 1.49

European Roast Regular or Decaf Coffee 1.29

## WINE BY THE GLASS

White Zinfandel, Chardonnay, Merlot, Cabernet, Cafe Zinfandel 5.00 Pinot Grigio or Noir 6.00

## DESSERTS

Homemade delights! Choose from our dessert cart. 3.99

New York Cheesecake, Chocolate Truffle Tart, Chocolate Explosion and Carrot Cake Cheesecake

# APPETIZERS

SUGGESTED WINES:  
REISLING, PINOT GRIGIO OR  
WHITE ZINFANDEL



All appetizers serve two.

## BRUSCHETTA

Four slices of toasted Italian bread topped with bruschetta mix, fresh mozzarella cheese and balsamic glaze. 5.99

## ASIAGO OLIVES

Deep fried asiago cheese and black olive puffs. Served with bistro sauce in a martini glass. 6.99

## ANTIPASTO PLATE

A mix of olives and vegetables with cheese and focaccia bread. 7.99

## CHEESY SPINACH ARTICHOKE DIP

A creamy blend of parmesan cheese, spinach, marinated artichoke hearts and a hint of garlic. Served piping hot with baguette bread slices and crackers. 6.99

## CHORIZO SAUSAGE STUFFED MUSHROOMS

Button mushrooms stuffed with chorizo sausage, herb cream cheese and bread crumbs. Topped with melted cheese. 6.99

# PASTA

SUGGESTED WINES:  
CHARDONNAY OR  
SAUVIGNON BLANC

Served with choice of soup or salad and a warm dinner roll.

## TUSCAN CHICKEN PASTA

Sundried tomato pesto and artichoke cream sauce served with marinated mushrooms, black olives and tomatoes over pasta with a grilled chicken breast and fresh grated parmesan cheese. 15.99

## STEAK & BLEU CHEESE PASTA

Grilled petite tender *Certified Angus Beef*<sup>®</sup> steak medallions served atop cavatappi pasta with a bleu cheese and alfredo sauce and sprinkled with toasted pine nuts. 13.99

## CAVATAPPI ALFREDO

Corkscrew pasta in a creamy alfredo sauce with parmesan cheese. 9.99  
Add grilled chicken breast \$2 or  
grilled *Certified Angus Beef*<sup>®</sup> steak strips or shrimp \$3



# CHICKEN & PORK

SUGGESTED WINES:  
REISLING,  
WHITE ZINFANDEL OR  
PINOT GRIGIO



Served over rice pilaf with soup or salad and a warm dinner roll.

## CHICKEN WELLINGTON

Tender chicken, spinach and boursin cheese baked in a puff pastry shell. Served with mornay sauce. 15.99

## WINDSOR LOIN CHOP

Tender 8 oz pork loin with homemade mango chutney. 11.99

## APRICOT CHICKEN

Tender 6 oz breast of grilled chicken lightly glazed with apricot sauce and sprinkled with pecans. 12.99

## PORK TENDERLOIN MEDALLIONS

Flame roasted apples and cider sauce compliment the flavor of a juicy 8 oz grilled pork tenderloin. 12.99

## MUSHROOM AND WINE CHICKEN

6 ounces of tender chicken breast sautéed in a mushroom and marsala wine sauce. 12.99

# STEAK\*

**SUGGESTED WINES:**  
MERLOT, CABERNET, PINOT NOIR,  
JESTER (BLENDED RED),  
MCWILLIAMS SHIRAZ,  
BLACK STONE MERLOT,  
STAGS LEAP CABERNET,  
DANCING BULL RED ZINFANDEL



We purchase **Certified Angus Beef®** brand. That ensures high quality, consistency and delicious flavor every time. All steaks served with potato, dinner roll and your choice of soup or salad.

## BLACK AND BLEU

Tender steak medallions prepared medium rare, with bleu cheese sauce. 14.99

## NEW YORK STRIP

10 oz New York Strip served with Ardbeg whiskey sauce. 17.99

## RIBEYE

Grilled to your liking.  
10 oz 16.99 12 oz 18.99

## PETITE TENDER

10 oz of tender, melt in your mouth *Certified Angus Beef®* steak. Best prepared medium rare. 13.99

## FILET MIGNON

Mouthwatering is an understatement!  
6 oz 22.99 8 oz 24.99

## SAINT AND SINNER

6 oz filet served with three garlic butter sautéed gulf shrimp. 25.99

## PRIME RIB

Friday and Saturday evenings only, while it lasts! This Traditions favorite is slow roasted and seasoned with coarse ground spices. Served with au jus.  
8 oz 14.99 10 oz 16.99 12 oz 18.99

\* Not responsible for steaks ordered well done. Steaks may be butterflied by the chef to speed the cooking process.



# SEAFOOD

**SUGGESTED WINES:**  
CHARDONNAY, PINOT GRIGIO,  
KIM CRAWFORD CHARDONNAY,  
ZEAL SAUVIGNON BLANC OR  
CAVIT PINOT GRIGIO

Served with rice pilaf, soup or salad and a warm dinner roll.

## SALMON WELLINGTON

Atlantic salmon fillet with spinach and boursin cheese baked in a puff pastry shell topped with mornay sauce. 15.99

## GRILLED SALMON

7 oz Atlantic salmon grilled and served with a light lemon dill sauce. 14.99

## CARIBBEAN JERK SHRIMP

Eight large gulf shrimp sautéed in a creamy Caribbean jerk sauce. Choose mild or spicy. 14.99

## ALMOND CRUSTED TILAPIA

This mild, white fish is pan sautéed with a crispy almond crust. 13.99

# DESSERTS

Ask to see today's selection of decadent desserts showcased in our French dessert cart or try one these favorites!

CHOCOLATE TRUFFLE TART 3.99

NEW YORK CHEESECAKE 3.99

CHOCOLATE EXPLOSION 3.99

SEASONAL CONFECTIONS

Gratuity added to check for parties of 8 or more. We strive to meet our guest's requests, however we have to advise our customers that our menu is subject to change and prices are subject to change without notice.

# SANDWICHES & SALADS

SUGGESTED WINES:  
PINOT GRIGIO OR  
CAFE ZINFANDEL



## HONEY LIME GRILLED SALMON SALAD

Grilled Atlantic salmon served on a bed of mixed greens with cucumbers, radishes, tomato, croutons and honey lime dressing. Served with a warm dinner roll. 12.99

## HOUSE GOURMET SALAD

Mixed greens, craisins, sugared toasted almonds, feta cheese, cucumber, red onion, croutons and a flatbread cracker. Served with raspberry vinaigrette dressing and a warm dinner roll. 10.99  
Add chicken 1.00

## STEAK & BLEU CHEESE WITH WALNUTS SALAD

*Certified Angus Beef*\* steak strips grilled to your liking and topped with bleu cheese crumbles, walnuts, cucumber, radish and tomato served over mixed greens with bleu cheese dressing. 12.99

## CHICKEN SALAD SANDWICH

Our favorite traditional chicken salad with a hint of ranch served on a croissant or wheat bread with lettuce leaf, pickles and your choice of soup, salad or fruit. 8.99

## BLACK AND BLEU BURGER

Juicy and delicious! Topped with creamy bleu cheese sauce and served on a toasted ciabatta bun. Served with choice of soup, salad or fruit. 8.99

## BRUSCHETTA BURGER

Served open face with pesto mayo, fresh mozzarella and bruschetta mix on a toasted ciabatta bun. Choice of soup, salad or fruit. 8.99

## ALA CARTE

### HOMEMADE SOUP

Cup 2.29 Bowl 4.29

SIDE DINNER SALAD 2.99

### HOT CHEESY POTATO SALAD

Small 1.59 Large 1.99

FRUIT CUP 1.59

## FOR THE KIDS

### PASTA

Choose alfredo or marinara sauce. Served with focaccia bread. 5.99  
Add chicken \$1

### HAMBURGER

Served with chips. 6.99

### SOUP & SANDWICH

Half sandwich, turkey, roast beef or peanut butter and jelly. Substitute fresh fruit for soup. Served with chips. 5.99

### CHILD'S TEA SET & COOKIE

2.59

## BEVERAGES

### HOT

Gourmet Flavored Coffee  
European Roast Fresh Ground Gourmet Coffee Regular and Decaf  
Selection of Hot Teas  
Spiced Cider  
Hot Chocolate

### COLD

China Mist Brewed Iced Tea  
Flavored Iced Teas  
Lemonade  
Flavored Lemonade  
Soda

