



LUNCH MENU

Salad Bar Is Included with All Sandwiches and Entrees

SOUPS & SALADS

SALAD BAR ALONE • 6.50

FRESH SPINACH SALAD • 8.50
mushrooms, tomato, bacon, egg

CAESAR SALAD • 7.50

DESIGN YOUR SALAD

add chicken • 4.50

add salmon • 6.50 add shrimp (3) • 5.50

CHEF'S SALAD • 10.95

ham, roast beef, turkey, cheese, egg

CHICKEN SALAD PLATE • 10.95

greens, cheese wedge, chicken salad

NEW ENGLAND CLAM CHOWDER

cup • 4.75
bowl • 6.75

SOUP OF THE DAY

cup • 4.75
bowl • 6.75

BAKED FRENCH ONION SOUP

cup • 5.50
bowl • 7.50

SANDWICHES

SOUP & HALF SANDWICH

cup • 9.95 bowl • 11.95

THE SANDWICH • 9.95

roast beef • smoked ham & swiss cheese
turkey breast • chicken salad • tuna salad

VEGGIE WRAP • 9.95

cucumbers, spinach, greens, zucchini, summer squash
mushrooms, balsamic vinaigrette, flour tortilla

CHICKEN SALAD WRAP • 10.50

baby greens, tomato, flour tortilla

CHICKEN CAESAR WRAP • 10.50

grilled chicken, caesar salad, flour tortilla

CHICKEN SALAD BLT WRAP • 11.95

baby greens, tomato, bacon, flour tortilla

GRILLED SALMON WRAP • 11.95

baby greens, cucumber, tomato, dill mayo

GRILLED CHICKEN SANDWICH • 11.50

boneless breast of chicken with mayo & lettuce

STEAK SANDWICH • 11.50

melted cheese, onions, mushrooms

TUNA MELT • 9.95

baked english muffin with tuna & swiss cheese

HOT PASTRAMI SPECIAL • 11.50

as lean as we can get it
with raw onion, tomato, melted swiss cheese

SIDE DISHES • 3.50 each

steamed broccoli | steamed vegetable medley | onion rings
steak fries | mashed red-skinned potatoes
baked stuffed potato | baked potato

BURGERS*

6 oz. freshly ground beef
served with raw onion, tomato & lettuce

HAMBURGER • 10.50

CHEESEBURGER • 11.50

CUSTOM BURGERS • 12.50

- with applewood smoked bacon
- with hot peppers, onions, hot sauce
- with blue cheese dressing

or

THE COWBOY BURGER

cheddar cheese, bbq sauce, fried onion rings

THE TEX-MEX BURGER

pepperjack cheese, guacamole
jalapeno peppers, red onion

THE STEAKHOUSE BURGER

swiss cheese, sauteed onions and mushrooms

HOT STUFF

QUICHE OF THE DAY • 8.50

baked fresh daily

STEAK LOFT GRILLED PIZZA • 10.50

toppings change daily

POTATO SKINS

cheese, sour cream & onions • 9.50
bacon, broccoli & cheese • 9.95
scallops, broccoli & cheese • 11.50

STUFFED MUSHROOMS • 10.50

an established favorite - Steak Loft seafood stuffing

CHICKEN NACHOS • 11.95

chips, guacamole, salsa, jalapenos
cheese, grilled chicken

CHILI NACHOS • 11.50

chips, guacamole, salsa, jalapenos, cheese, chili

CHILI • 10.95

the bean, the meat & the heat!
topped with onions & cheese

WINGS OF FIRE • 12.95

with blue cheese dressing & celery sticks

ENTREES

FISH & CHIPS • 14.50

crispy on the outside, tender inside

STEAK LOFT CRABCAKES • 13.50

choice of potato

STUFFED FILET OF SOLE • 13.50

our seafood stuffing with choice of potato

ATLANTIC COD • 15.95

baked with breadcrumb topping, choice of potato

FRIED SHRIMP • 13.95

hand-breaded to order, choice of potato

BAKED STUFFED SHRIMP • 16.95

specialty of the house
seafood stuffing with choice of potato

TERIYAKI SKEWERS* • 14.95

- beef • chicken • beef & chicken combo
- with choice of potato

CHICKEN TENDERS • 11.95

with bbq or teriyaki sauce and choice of potato

BAKED CHICKEN TERIYAKI • 13.95

boneless breast of chicken with choice of potato

BBQ RIBS • 18.95

tender baby back ribs with choice of potato

SLICED STEAK* • 15.95

on toast with garlic butter with choice of potato

JUNIOR SIRLOIN* • 18.95

9 oz. char-broiled steak with choice of potato

Most menu items are available for take-out.

Menu Items & Prices subject to change.

*Thoroughly cooking meat, poultry, seafood, shellfish, or eggs reduces the risk of foodborne illness.

For your health, we fry in 100% trans-fat free oils.