



## LUNCH MENU

# APPETIZERS

## AHI SPRING ROLLS 17.99

Sushi grade Ahi\* served rare, cabbage, carrots, green onions, basil & cilantro wrapped in wonton & nori paper. Flash-fried & served on a bed of white rice with pineapple & pickled ginger.

## QUESADILLA 12.99

Red and white flour tortillas filled with cheddar and pepper jack cheese, green chiles and tomatoes. Served with salsa, sour cream and cilantro.

ADD CHICKEN OR BLACK BEANS 1.99

## RED PEPPER HUMMUS 13.99

Blended roasted red peppers, garbanzo beans, tahini and garlic. Served with choice of baked crostinis or grilled pita wedges.

## ARTICHOKE CHEESE DIP 14.99

Baked asiago and cream cheese with artichokes, garlic and scallions. Served with baked crostinis.

## HOT WINGS 17.99

Deep-fried chicken wings tossed in your choice of Traditional, Korean b.b.q. or **Hellfire** sauces. Celery, carrot, and jicama sticks with gorgonzola sauce.

1/2 DOZEN \$11.99

## NACHOS 14.99

Blue & white corn tortilla chips topped with diced tomatoes, olives, jalapeños, scallions, cilantro, lime, salsa, guacamole, sour cream & cheddarjack cheese.

ADD CHICKEN OR BLACK BEANS 1.99

## CALAMARI 15.99

Calamari seasoned, battered and flash-fried. Served with fire-roasted tomato sauce and a side of herbed lemon aioli.

## BEER BATTERED SHRIMP 15.99

Rock shrimp seasoned, battered and flash-fried. Served with chipotle aioli and cocktail sauce.

# SOUPS

SOUP OF THE DAY  
CUP 4.99 • BOWL 7.99

# SALADS

ADD SEASONED CHICKEN 4.99   ADD TOFU 3.99   ADD GRILLED SHRIMP 8.99   ADD SALMON\* 9.99

## HOUSE REG • 15.99 FULL • 17.99

Baby greens tossed with balsamic vinaigrette and garnished with red onions, pears, blue cheese, fire-dried pecans and Mandarin oranges.

## ORIENTAL REG • 15.99 FULL • 17.99

Baby greens and red cabbage with sesame vinaigrette & garnished with honey roasted almonds, rice noodles, Mandarin oranges, carrots and diced pimentos.

## BAJA REG • 18.99 FULL • 21.99

Grilled Wahoo served over baby greens & shredded cabbage tossed with lime chipotle vinaigrette, mango sauce, tortilla strips, red & green peppers, white onions, black beans, cilantro & Oaxaca cheese. Topped with avocado.

## CAESAR REG • 15.99 FULL • 17.99

Hearts of romaine and spiked garlic croutons tossed with **spicy** Caesar dressing. Garnished with artichoke hearts, asiago and cracked black pepper.

## SOUTHWESTERN REG • 15.99 FULL • 17.99

Baby greens tossed with balsamic vinaigrette. Garnished with black bean, corn & roasted pepper salsa, jicama, avocados, tomatoes, tortilla strips & cheddar jack cheese.

## AHI REG • 21.99 FULL • 24.99

Seared Sushi grade Ahi\* prepared rare with a sesame seed & black peppercorn crust. Served over baby greens, carrots, & cabbage with a light wasabi vinaigrette. Garnished with pickled ginger and wonton strips.

# PIZZA

DAILY PIZZA SPECIAL — MINI PIZZA & SIDE SALAD 12.99

## B.B.Q. CHICKEN 16.99

Grilled chicken breast, b.b.q. sauce, red onion, Roma tomato, mozzarella, scallions, cilantro & corn pepper salsa.

## PEPPERONI 15.99

Pepperoni, fire-roasted tomato sauce, mozzarella, asiago, fresh basil & oregano.

## THAI CHICKEN 16.99

Grilled chicken breast, Thai peanut sauce, mozzarella, red onions, bell peppers, carrots, ginger, cilantro & scallions.

## ROASTED VEGGIE FLAT BREAD 15.99

Oven baked flat bread with roasted red onions, bell peppers, herbs and asiago. Served with roasted Roma tomatoes & goat cheese.

## VEGETABLE 15.99

Pesto, eggplant, Roma tomatoes, mushrooms, red onions, bell peppers, mozzarella, asiago & fresh basil.

## FOUR CHEESE 14.99

Cheddarjack, mozzarella, asiago, fresh basil & fire-roasted tomato sauce.

## SHRIMP MARGHERITA 17.99

Grilled shrimp, Roma tomatoes, mozzarella, fire roasted tomato sauce. Garnished with asiago and fresh basil. Served with a lemon wedge.

## GREEK 16.99

Sausage, fire-roasted tomato sauce, feta, mozzarella, tomatoes, kalamata olives & oregano.

# PASTA

ADD CHICKEN 4.99 • ADD SALMON 9.99 • ADD SHRIMP 8.99 • SUB SHRIMP 4.99

## TEQUILA LIME CHICKEN 18.99

Sautéed chicken, red onions, red bell peppers, jalapeño, garlic, celery, tequila-ginger-lime sauce, scallions, cilantro & cashews. Served over your choice of linguine or jasmine rice.

## POBLANO STEAK 21.99

Grilled Steak\*, roasted corn, red peppers tossed with linguine in a rich Oaxaca cheese alfredo. Topped with cilantro, Oaxaca and black bean salsa.

## BAKED RAVIOLI 18.99

Baked spinach ricotta raviolis over fresh spinach, house marinara and alfredo. Topped with bread crumbs, honeyed balsamic and garnished with pesto oil.

## THAI CHICKEN 18.99

Sautéed chicken, carrots, red onions, zucchini, yellow squash, garlic, tossed in a **spicy** Thai peanut sauce with scallions, bean sprouts & cilantro. Served over linguine or jasmine rice.

## SHRIMP CURRY 22.99

Shrimp, snow peas, carrots, red onions and red peppers. Tossed with jumbo noodles in a **spicy** red curry sauce. Toasted coconut & green onions.  
AVAILABLE VEGAN WITH YELLOW CURRY

## CAJUN CHICKEN ALFREDO 19.99

Sautéed chicken breast, red onion and garlic tossed in a **spicy** cajun alfredo sauce with fettuccine.

# LUNCH ENTREES

## ENCHILADA COMBO 18.99

Chicken and cheese enchiladas smothered with salsa verde and mole. Topped with sour cream and guacamole. Served with black beans and Spanish rice.

## VEGGIE STIR FRY 17.99

Fresh green beans, carrots, broccoli, red peppers, baby corn, onion, celery, bean sprouts and tofu sautéed in a light teriyaki sauce served over jasmine rice.

AVAILABLE SZECHWAN STYLE

## CHILE VERDE BURRITO 17.99

**Spicy** chile verde, tender pork and rice wrapped in a flour tortilla smothered in cheddar & jack cheeses. Topped with sour cream. Served with black beans and Spanish rice.

## FISH AND CHIPS 26.99

Fresh Alaskan Halibut cut daily and flash-fried in a Hefeweisen beer batter. Served with fries, dill tartar sauce and lemon wedges.

## SMOTHERED BLACK BEAN BURRITO 16.99

Black beans, roasted bell peppers, onions, cilantro & scallions, smothered in cheddarjack cheese. Topped with guacamole, sour cream & salsa.

WITH CHICKEN 18.99

## WAHOO FISH TACOS 19.99

Grilled Wahoo\*, cabbage, baja salsa, lime chipotle sauce and Oaxaca cheese wrapped in corn and flour tortillas. Served with white rice & black beans.

# SANDWICHES

ALL COME WITH A CHOICE OF STEAK FRIES, GREEN SALAD, PASTA SALAD OR CUP OF SOUP

## SANTA FE CHICKEN 17.99

Spiked & grilled chicken breast with chipotle aioli, roasted chiles, tomato, red onion and muenster cheese on a floured sourdough or spent-grain bun.

## GREEK PITA WRAP 16.99

Seasoned chicken, Roma tomatoes, red onions, Kalamata olives, feta cheese, diced pepperoncinis and a zesty ranch sauce wrapped in a grilled pita.

## PORTABELLO JACK 15.99

Marinated & grilled portabella mushroom with sautéed red & green peppers, sautéed onions, tomato, pesto & muenster cheese on a floured sourdough or spent-grain bun.

## SMOKED TURKEY 16.99

Smoked turkey, gouda cheese, herbed aioli, Dijon-cranberry spread, red onions, tomato & lettuce on toasted sourdough or honey wheat bread.

## TUNA SALAD 16.99

White albacore tuna mixed with celery, onions, green peppers and a light spicy dressing. Topped with swiss cheese on toasted sourdough or honey wheat bread.

## ITALIAN CHICKEN SUB 16.99

Grilled chicken topped with mozzarella, roasted tomatoes, pepperoni and ranch. Served on a toasted baguette.

## LEMON PEPPER SALMON 19.99

Seared lemon pepper Coho Salmon\* with chipotle aioli, red onion & cabbage on a sourdough or spent-grain bun.

## BIG COTTONWOOD BURGER 17.99

1/3 Pound of seasoned & grilled beef\* patty with bacon, sautéed mushrooms, red onions, tomato, lettuce, cheddar, swiss, herbed aioli & b.b.q. sauce on a floured sourdough or spent-grain bun.

## PHILLY CHEESE STEAK 17.99

Grilled sirloin with sautéed red & green peppers, onion, smothered with mozzarella on a grilled sourdough baguette.

## FRENCH DIP 17.99

Slow cooked, thinly sliced roast beef\* with melted Swiss cheese on a toasted baguette. Served with au jus.

\*THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, LAMB, FISH, PORK, POULTRY, OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS. CONSULT YOUR PHYSICIAN OR PUBLIC HEALTH OFFICIAL FOR FURTHER INFORMATION.

## SIDES

|                     |             |                   |       |
|---------------------|-------------|-------------------|-------|
| FRIES               | 6.99        | STEAMED RICE      | 4.99  |
| PASTA SALAD         | 5.99        | CHIPS & SALSA     | 7.99  |
| SAUTÉED VEGETABLES  | 7.99        | CHIPS & GUACAMOLE | 11.99 |
| FRESH FRUIT         | 6.99 / 8.99 | GUACAMOLE (2 oz)  | 2.99  |
| CHILE VERDE (CUP)   | 6.99        | ONION RINGS       | 11.99 |
| CROSTINI & MARINARA | 6.99        | WING VEGGIES      | 8.99  |

## DESSERTS

|   |      |   |      |
|---|------|---|------|
| SALTED CARAMEL CHEESECAKE<br>W/PRETZEL CRUST                    | 8.99 | OREO CREAM CAKE                                 | 8.99 |
| TIRAMISU  | 8.99 | BREAD PUDDING                                   | 7.99 |
| FUDGE BROWNIE<br>W/VANILLA BEAN ICE CREAM                       | 7.99 | CHOCOLATE PORCUPINE<br>W/VANILLA BEAN ICE CREAM | 7.99 |
| PECAN CARROT CAKE   | 8.99 | CRÈME BRÛLÉE                                    | 7.99 |
| VANILLA BEAN ICE CREAM 6.99<br>W/FRESH FRUIT OR CHOCOLATE SAUCE |      |   |      |

## BEVERAGES

COKE, DIET COKE, SPRITE, ROOT BEER, DR PEPPER, LEMONADE, ICED TEA

ORANGE JUICE, GRAPEFRUIT,  
PINEAPPLE, CRANBERRY, APPLE, V8

COFFEE, HOT TEA, HOT COCOA

ESPRESSO(DBL.) • LATTE • CAPPUCINO • MOCHA

**ASK YOUR SERVER ABOUT A GROWLER TO GO**

• 20% GRATUITY WILL BE ADDED FOR GROUPS OF 10 OR MORE •



**PORCUPINE**  
**PUB & GRILLE**