

- LUNCH -

\$6 SMOOTHIES

HEALTHY & REFRESHING! GLUTEN-FREE | VEGAN

BANANA-MATCHA SMOOTHIE

Banana, Matcha Powder, Spinach, Flax Seed, Vanilla Extract, Blended with Unsweetened Almond Milk

TRIPLE BERRY SMOOTHIE...& THEN SOME

Raspberries, Blueberries, Strawberries, Blackberries & Açai, Blended with Coconut Milk

SALADS

ADD AVOCADO 2 | GRILLED OR BLACKENED: ALL NATURAL CHICKEN TENDERLOIN 6

THREE SHRIMP 12 | MAHI MAHI 9 | SALMON 8 | GROUPER 10

QUINOA & KALE | 14

Mixed with Avocado, Red Beets, Cherry Tomatoes, Pine Nuts, Sun-Dried Cranberries and Feta Cheese tossed in Lemon Dijon Vinaigrette

TRIO SALAD | 14

Our Traditional Chicken, Tuna & Egg Salad on a Bed of Mixed Greens

SOUTHERN FRIED CHICKEN SALAD | 16

Buttermilk Fried Chicken Breast, Iceberg Lettuce, Shredded Cheddar Cheese, Tomato, Corn, Cucumber, Curly Carrots & Ranch Dressing

CAESAR SALAD | 12

Hearts of Romaine, Grated Parmesan Cheese & Focaccia Croutons Tossed in Creamy Caesar Dressing

ANTIPASTO SALAD | 16

Ham, Salami, Sopressata, Capicola, Crisp Romaine Lettuce, Onions, Provolone Cheese, Kalamata Olives Tossed in Balsamic Vinaigrette

SALMON SALAD BOWL | 16

Poached Salmon, Basmati Rice, Mixed, Greens, Avocado, Edamame, Cucumbers, Nori, Carrots & Toasted Sesame Seeds, Ginger Soy Dressing & Siracha Mayo

SOUTHWEST CRABMEAT SALAD | 18

Jumbo Lump Crabmeat, Tossed in Olive Oil, Lime & Cilantro over Green Leaf Lettuce with Avocado, Tomato, Roasted Corn & Red Onion, in a Green Chili Vinaigrette

CRCC COBB SALAD | 15

Grilled Chicken Breast, Bacon, Avocado, Chopped Egg, Vine Ripened Tomato, Cucumber, Gorgonzola Cheese & Mixed Greens, Lightly Tossed in White Balsamic Vinaigrette

SUMMER GRAIN SALAD | 14

Quinoa & Farro, Radish, Cucumber, Corn, Green Beans, Bell Pepper, Cherry Tomato, Red Onion, Fresh Herbs, Toasted Sunflower Seeds & Iceberg Lettuce, Tossed in White Wine Lemon Vinaigrette, Grilled Focaccia Bread

— SHARING CHARGE \$5 —

HOURS, MENU & PRICING ARE SUBJECT TO CHANGE | VEGAN  GLUTEN-FREE 

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

- LUNCH -

SOUPS ON!

HOUSE MADE SOUP OF THE DAY
6 CUP | 8 BOWL
SOUP & HALF DELI SANDWICH | 12

SIDE SHOW

HOUSE MADE POTATO CHIPS, COLESLAW,
FRENCH FRIES, SWEET POTATO FRIES OR
FRESH FRUIT STACK

BUILD YOUR STACK \$12

PANINI PRESSED | TOASTED | WRAPPED | SERVED WITH CHOICE OF SIDE



Proteins

Ham
Roast Beef
House Roasted Turkey Breast
Genoa Salami
Prosciutto
Chicken | Tuna | Egg Salad

Cheeses

Swiss
Cheddar
Provolone
Monterey Jack
American

Bakery




Whole Wheat | White | Rye
Kaiser Roll | Ciabatta | Focaccia
Udi's White Bread 
Sun Dried Tomato Wrap
Cucumber | Whole Wheat Wrap
Brown Rice Wrap 

CLUB FARE

SERVED WITH CHOICE OF SIDE

10 OZ. BEEF/CHEESE BURGER* | 15

Black Angus Beef Patty on a Kaiser Roll with Vine Ripened Tomato, Lettuce, Onion & Pickle Spear
Additional toppings .75 each

* 6 oz. BEYOND MEAT Burger Patty   

SMOKED SALMON BLT | 16

Smoked Salmon, Lettuce, Crispy Applewood Bacon,
Sliced Tomatoes & Dill Aioli on Toasted White Bread

CRCC SANDWICH | 15

Toasted Multi-Grain Cranberry Bread Stuffed with
House Roasted Turkey Breast, Ham, Applewood
Smoked Bacon & Provolone Cheese with Avocado, Vine
Ripe Tomato, Iceberg Lettuce & Honey Mustard Aioli

BBQ PULLED PORK SANDWICH | 14

Pulled Pork Tossed in Tangy BBQ Sauce Topped with
Cole Slaw on a Toasted Kaiser Roll

HOT DOG | 8

Quarter Pound All Beef Hot Dog with Sauerkraut

TUNA MELT | 13

Albacore Tuna Salad, Sliced Tomato & Melted Swiss
Cheese on Toasted English Muffins

GROUPER REUBEN | 18

Seared Grouper Fillet, Coleslaw, Swiss Cheese &
Thousand Island Dressing on Griddled Rye Bread

CRCC CHILI | 12

Served with Jalapeno Peppers, Melted Cheddar
Cheese & Tri-Color Tortilla Chips

GRILLED SALMON | 16

Grilled Zucchini, Butternut Squash Noodles,
Tomato Curry Vinaigrette

FETTUCCINE PASTA BOWL* | 13

XVOO, Broccoli Rabe, Shallots, Garlic, Roasted Red
Bell Pepper & Basil Pesto

Available with Gluten-Free Pasta 

**Add Chopped Beyond Meat or All-Natural Chicken
Tenderloin | 6*