



C-PANEL MENU \$10 & UNDER

Appetizers

Hummus and Pita Bread 6

Your choice of Tuscan or jalapeño hummus.

Sampler 9

Tuscan hummus, couscous, and jalapeño hummus. Served with pita bread.

Hot Spinach Artichoke Dip 9.5

Served with homemade tortilla chips, pico de gallo, and Grecian sauce.

Portabella Grill 9

Grilled portabella mushrooms served over sautéed spinach and topped with feta cheese.

Southwestern Beef or Chicken Quesadilla 8.5

Served with guacamole and chipotle chili sauce.

Iceberg Wedge Salad with Applewood-Smoked Bacon 6

Served with chunky feta cheese jalapeño dressing.

Fruit Bowl 4

Soups

Cup 3.5 Bowl 6

Black Bean with Pico De Gallo

Southwestern Chicken Tortilla

Tomato Basil

Flatbread Pizzas

Teriyaki Pizza 10

Grilled chicken, Applewood-smoked bacon, pineapple, red onion, mozzarella and hickory-smoked barbeque sauce.

Margherita Pizza 10

Tomatoes, mozzarella, basil threads and pesto spread.

Rustica Pizza 10

Jalapeño sausage, roasted red bell peppers, mushrooms, fresh mozzarella and marinara sauce.

Harvest Pizza 10

A vegetarian pizza with grilled eggplant, roasted red bell peppers, broccoli florets, feta, basil pesto marinara sauce.

Burgers

Smokehouse Hickory Burger 10

1/2 lb. certified Angus beef, imported ham, cheddar cheese with hickory-smoked barbeque sauce.

Mushroom Swiss Burger 10

1/2 lb. certified Angus beef, Swiss cheese, sautéed mushrooms, and caramelized onions.

Old Fashioned Cheeseburger 10

1/2 lb. certified Angus beef with cheddar cheese.

Bistro Chipotle Burger 10

1/2 lb. certified Angus beef, Applewood-smoked bacon, avocado, cheddar cheese, and chipotle chili sauce.

Veggie Black Bean Burger 10

Vegetarian burger with avocado, pico de gallo, and provolone cheese.

Monterey Chicken Burger 10

Grilled chicken breast with avocado and provolone.

Sandwiches, Wraps & Tacos

Baja Chicken Wrap 10

Grilled chicken, avocado, black beans, lettuce, tomatoes, feta cheese, and chipotle chili sauce in a wheat tortilla. Served with an iceberg wedge salad topped with chunky feta cheese jalapeño dressing.

Mediterranean Wrap 10

Seasoned lamb and beef, tomatoes, onions, lettuce, and Grecian sauce in a wheat tortilla. Served with an iceberg wedge salad topped with chunky feta cheese jalapeño dressing.

Chipotle Club Wrap 10

Ham, turkey, Applewood-smoked bacon, cheddar cheese, lettuce, tomatoes, and chipotle chili sauce in a wheat tortilla. Served with an iceberg wedge salad topped with chunky feta cheese jalapeño dressing.

Beef Tenderloin Fajita Wrap 10

Flame-kissed beef tenderloin, avocado, rice, black beans, lettuce, tomatoes, feta cheese, and chipotle chili sauce in a wheat tortilla. Served with Spanish rice and refried black beans.

Garden of Eatin Wrap 10

Zucchini, red bell peppers, black beans, lettuce, tomatoes, avocado, and jalapeño hummus in a wheat tortilla. Served with Spanish rice and refried black beans.

Smoked Turkey Focaccia 10

Smoked turkey, provolone cheese, avocado, and sprouts with sun-dried tomato pesto spread. Served with an iceberg wedge salad topped with chunky feta cheese dressing.

Spicy Beef Tenderloin Tacos 10

Our interpretation of an Asian favorite: Three flour tortillas topped with tangy sliced beef, a blend of shredded lettuce and cabbage, pickled vegetables, and honey habanero aioli. Served with refried black beans.

Spicy Shrimp Tacos 10

Three flour tortillas topped with a blend of shredded lettuce and cabbage and honey habanero drizzle. Served with refried black beans.

Classic Grilled Chicken Baguette 10

Grilled chicken, provolone cheese, roasted red bell peppers, pesto spread, light mayo and mixed greens. Served with fresh cut fries.

Philly Steak Baguette 10

Grilled slices of ribeye steak smothered with caramelized onions, mushrooms, bell peppers, and provolone cheese. Served with fresh cut fries.

Gyro Pita 10

Seasoned lamb and beef, tomatoes, onions, and Grecian sauce. Served with fresh cut fries.

Chicken Gyro Pita 10

Seasoned grilled chicken breast, tomatoes, onions, and Grecian sauce. Served with fresh cut fries.

Chicken & Avocado Pita 10

Grilled chicken, avocado, lettuce, tomatoes, and light mayo. Served with black bean orzo pasta salad.

Grilled Eggplant Romana Pita 10

Mozzarella cheese, roasted red bell peppers, lettuce and jalapeño hummus. Served with black bean orzo pasta salad.

Sonoma Chicken Salad on Wheat 10

A Hungry's classic: white meat chicken, walnuts, apples, celery, and light mayo topped with alfalfa sprouts. Served with ziti pasta salad.

Executive Club on Wheat 10

Imported ham, smoked turkey breast, Applewood-smoked bacon, provolone cheese, lettuce, tomatoes, and light mayo. Served with black bean orzo pasta salad.

Atlantic Tuna Salad on Wheat 9

Our signature tuna salad with lettuce, tomatoes, and swiss cheese. Served with Ziti Pasta.

Salads

Tostada Salad

A fresh blend of black beans, corn, tomatoes, and scallions tossed in a cilantro-lime-cumin dressing. Served on mixed greens with homemade tortilla strips.

With grilled chicken breast 10

With Avocado 10

With No Meat 10

Black Bean Orzo Pasta Salad

A refreshing blend of orzo pasta, red onions, black beans, red and green bell peppers tossed in cilantro-lime-jalapeño dressing.

With grilled chicken breast 10

With No Meat 10

With Avocado 10

Grilled Chicken Ziti Pasta Salad 10

Ziti pasta, olives, red onions, peppers, celery, and herbs tossed in light Dijon mustard vinaigrette.

Greek Farmers Market Salad 9

Crisp garden greens, feta cheese, fresh sliced mushrooms, cucumbers, tomatoes, and Greek olives. Tossed with house herb vinaigrette dressing.

With Avocado 10

With grilled chicken breast 10

With seasoned lamb and beef 10

Neptune Crab Salad 10

North Atlantic white fish and snow crab tossed with scallions, celery, light mayo, and fresh herbs. Served with fresh fruit.

Chicken Salad Plate 10

White meat chicken tossed with walnuts, celery, apples, and light mayo. Served with fresh fruit salad.

Trio Salad Plate 10

Light and fresh combination of chicken salad, crab salad, and ziti pasta salad.

Beef Tenderloin Fajita Salad 10

Mixed greens and tomato tossed in a chunky feta cheese jalapeño dressing and topped with flame-kissed beef tenderloin, avocado, and homemade tortilla strips.

Southwestern Caesar Salad

A new spicy twist on the traditional Caesar salad, with corn and tomatoes tossed in chipotle chili dressing.

With grilled chicken breast 10

With Avocado 10

With No Meat 10

Beans N' Greens

French green beans, spring mixed greens, and tomatoes tossed in balsamic vinaigrette dressing.

With grilled Chicken 10

With Avocado 10

With No Meat 10

Entrees

Gyros Plate 10

Slices of savory seasoned lamb and beef, Grecian sauce, jalapeño hummus, tomatoes, and onions. Served with fresh cut fries.

Chicken Kabob Plate 10

Tender and juicy skewers of your choice of flame-kissed beef tenderloin, grilled chicken, or a combination of both. Served with herb basmati rice and sautéed seasonal vegetables.

Mama's Meatloaf 10

A new neighborhood favorite: our beef meatloaf. Served with French green beans and garlic mashed potatoes with poblano mushroom cream sauce.

Capellini Pesto Rosa

Angel hair pasta tossed in a basil pesto marinara sauce.

With grilled chicken breast 10

With sautéed vegetables 10

With no meat 10

Penne Rustica

Penne pasta, spinach, and portabella mushrooms tossed in a roasted tomato cream sauce.

With grilled jalapeño sausage 10

With chicken 10

With sautéed vegetables 10

With no meat 10

Fettuccine Bianco

An Italian classic: fettuccine pasta tossed in our fresh creamy alfredo sauce.

With grilled chicken breast 10

With sautéed vegetables 10

With no meat 10

Southwestern Portabella Delight 10

A vegetarian medley of sliced portabella mushrooms with sautéed seasonal vegetables, herb basmati rice, black beans, guacamole, and fresh pico de gallo.

The Anaheim Chicken 10

Grilled chicken breast with roasted Anaheim cream sauce. Served with herb basmati rice and sautéed seasonal vegetables.

The Poblano Chicken 10

Grilled chicken breast with creamy poblano mushroom sauce. Served with garlic mashed potatoes and French green beans.

Santa Fe Chicken Teriyaki 10

Grilled chicken breast served with slices of grilled pineapple, black beans, herb basmati rice, pico de gallo, and sautéed seasonal vegetables..

The Tuscan Chicken 10

Grilled chicken breast in a sun-dried tomato chutney walnut sauce. Served with sautéed seasonal vegetables and basmati lentil rice.