

## STARTERS

- Grilled Wings** 10  
Extra Crispy, fire blasted. Served naked, BBQ, or Buffalo
- Caprese** 10  
Heirloom Tomatoes, Fresh Mozzarella, Basil Pesto, Balsamic Reduction
- Spinach Artichoke Dip** 10  
Served hot, with housemade Tortilla Chips
- Mediterranean Board** 10  
Fresh Cut Carrots, Cucumber & Celery, warm Pita, Hummus, Olive Tapenade
- Cheese Quesadilla** 11  
Warm Flour Tortilla, with melted cheese, served with sour cream & salsa
- Bavarian Pretzel** 12  
16 oz salted pretzel with housemade cheese sauce & mustard

## FLATBREADS

- Caprese** 10  
Basil pesto, tomatoes, fresh mozzarella, topped with arugula
- Mushroom & Goat Cheese** 10  
Caramelized mushrooms & onions, crumbled goat cheese, fresh herbs
- Cauliflower & Brie** 10  
Fig jam, chopped cauliflower, caramelized onions & arugula
- Buffalo Chicken** 14  
Crumbled bleu cheese, diced buffalo chicken & ranch topped with cilantro

## PIZZA

GF Cauliflower Crust Available +2

- Cheese** 12
- Veggie** 14
- Pepperoni** 14

## SMOOTHIES

- Very Berry Banana**  
Mixed berries, banana, yogurt, milk choice
- Green Machine**  
Kale, kiwi, green apple, pineapple juice
- Chunky Monkey**  
Peanut butter, banana, chocolate protein powder, milk choice

# THE GRILLE

*At The Bridges*

## SALADS

- Greek** 12  
Feta, Onions, Tomato, Cucumber, served with Hummus & Pita. Tossed with Lemon Oregano Vinaigrette
- Caesar** 9  
Crisp Romaine Hearts, Shredded Parmesan Cheese, topped with garlic herb Croutons
- Crunchy Chopped** 9  
Chopped Romaine, Celery, Carrots, and Cauliflower tossed with House made Lemon Vinaigrette
- Southern Cobb** 14  
Fresh Lettuce, Bacon, Avocado, Grilled Chicken, Red Onions, Gorgonzola, hard boiled egg, dressing on the side
- Poached Pear** 12  
Red wine poached Pears atop baby kale and arugula, with crumbled goat cheese, toasted almonds, tomato, onion & cucumber, tossed with balsamic vinaigrette
- Kale & Quinoa Bowl** 13  
Baby Kale, tri-color quinoa, cranberries, toasted almonds, tomatoes, cucumber, onions, tossed with red wine vinaigrette
- Southwest BBQ Chicken** 14  
Chopped romaine and iceberg, tomato, avocado, corn, chick peas, house made tortilla strips, tossed with ranch dressing

### Add-On's:

- |         |   |             |   |
|---------|---|-------------|---|
| Chicken | 5 | Seared Tuna | 7 |
| Shrimp  | 6 | Tuna Salad  | 4 |
| Salmon  | 7 | Mozzarella  | 3 |
| Bacon   | 2 | Avocado     | 3 |



\*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness\*\*  
Automatic 18% service charge added on all in-person checks

## HANDHELDS

Choice of: Crinkle Fries, Sweet Potato Fries, chips, fruit cup, or side salad

<b>Avocado Club</b> 13	<b>Tuna Salad</b> 10	<b>Fish Sandwich</b> 13
Grilled Chicken or Carved Turkey, with bacon, avocado, lettuce, tomato & mayo on multigrain	Tuna Salad, or tuna melt with lettuce & tomato on your choice of bread	Blackened Mahi Mahi, with house made tartar sauce & LTO on Challah bun
<b>Veggie Burger</b> 15	<b>Chicken Parm</b> 14	<b>The Reuben</b> 13
Fresh blend of crisp veggies & lentils, with LTO, grilled on a Challah bun	Chicken cutlet with melted mozzarella & Pomodoro sauce, on Challah bun	Corned beef, sauerkraut, Swiss cheese & thousand island on marbled Rye bread
<b>SBS Burger</b> 12	<b>Turkey Burger</b> 12	<b>Chicken Sandwich</b> 12
Sirloin, Brisket, Short Rib & LTO on a Challah bun	Gourmet house made blend, with LTO on a Challah bun	Grilled or Blackened Chicken breast & LTO on Challah bun



## STIR-FRY

Brown Basmati Rice, Sesame, Garlic, Peppers, Carrots, Onions, Zucchini, Mushrooms, Broccoli

Chicken	15
Shrimp	16
Mahi Mahi	16
Salmon	17

## POKE BOWLS

Served with avocado, gingered cucumber, spicy mango, arugula, Napa Cabbage, Sesame Vinaigrette & Poke Sauce

Salmon	13
Ahi Tuna	15
Shrimp	15

## BRIDGES BOWL

Your choice of base: cauliflower "rice", brown rice, white rice or rainbow quinoa, served with roasted seasonal vegetables

Chicken	15
Shrimp	16
Mahi Mahi	16
Salmon	17

## ENTREES

<b>Yellowtail Snapper</b> 22	<b>Brook Trout</b> 22	<b>Cedar Plank Salmon</b> 22
Pan-seared with Green Beans, Jasmine rice & a lemon Romesco sauce	Butterflied Trout, atop mashed potatoes, green beans, toasted almonds & almondine sauce	Maple mustard glaze, with cauliflower "rice" & roasted vegetable medley
<b>Grilled Swordfish</b> 24	<b>Roasted Duck</b> 25	<b>Chicken Marsala</b> 18
Served with rainbow quinoa, tomato, mozzarella, cucumber & avocado salad	1/2 Crispy Duck, with mashed potatoes, braised cabbage & red wine reduction	Lightly floured cutlet, with mashed potatoes, steamed broccoli, and marsala mushroom sauce
<b>Chicken Parmesan</b> 18	<b>Salmon Penne Vodka</b> 21	<b>Pear Tortellini</b> 18
Breaded Chicken cutlet smothered in marinara sauce & melted mozzarella, atop penne pasta	Tomato sauce with Tito's Vodka & cream, topped with grilled salmon	Pear & Cheese Tortellini, within a fresh cream sauce

## KIDS

Sliders w/ cheese	8	Mac & Cheese	6
Penne Pasta	6	Hot Dog	7
Chicken Tenders	8	Grilled Cheese	7

## SIDES

Vegetable Medley	6	Fries	5
Steamed Broccoli	5	Side Salad	5
Cauliflower "Rice"	5	Brown Rice	3