



# ISLAND HOUSE

*Lunch*

## *The Light Side*

### CHEF'S SOUP DU JOUR

5/6

### GF VAN'S CHICKEN CHILI

Smoked Pulled Chicken, Pinto Beans, Cheddar Cheese, Sour Cream, Tortilla Chips

5/6

### VG BISTRO SALAD

Mixed Lettuces, Crunchy Cheese Straws, Sprouts, Carrots, Cucumbers, Grape Tomatoes, Crumbled Gorgonzola  
Choice of Creamy Gorgonzola or Balsamic-Fig Vinaigrette

5/9

### VG \*ISLAND HOUSE CAESAR

Romaine Hearts, Pecorino Romano, Sean's Focaccia Croutons, Imported White Anchovy, Grape Tomatoes  
Choice of Creamy Classic Caesar or Lemony Caesar Vinaigrette

6.75/9

Grilled or Crispy Chicken Breast +5  
Crispy/Grilled Shrimp or Crispy Oysters +9

### VG \*NUTS & BERRIES

Romaine Hearts, Crispy or Grilled Chicken, Green Apple, Strawberries, Blueberries, Pineapple,  
Candied Pecans, Chipotle Honey Mustard Dressing

9/12

### VG BECKY'S MONTEREY SHRIMP SALAD

Mixed Greens, Pepperjack Cheese, Avocado, Black Beans, Creamy Monterey Dressing, in a Crispy Tortilla Bowl

13

## *Flatbread Pizza*

Personal Sized, Made with Fresh Dough, Housemade Sauce, & Mozzarella ~add a side salad +3~  
~Also available on Gluten Free Crust~

### VG PLAIN JANE

Choice of Pepperoni, Sausage,  
Mushrooms, or All 3!

10

### VG CAPRESE

Red Sauce, Fresh Tomato, Fresh  
Mozzarella, Arugula, Red Chili

11

### TODAY'S PIE

Today's Seasonal Interpretation

V ITEMS THE MAY BE PREPARED VEGETARIAN

GF ITEMS THE MAY BE PREPARED GLUTEN FREE

VG ITEMS THAT MAY BE PREPARED BOTH VEGETARIAN AND GLUTEN FREE

### SEE OUR SPECIALS MENU FOR TODAY'S SPECIALS

In an effort to maintain interesting, local and seasonally focused food throughout the year, we offer the above "set" menu of favorites, along with many Daily Specials

\*Contains ingredients that are raw or under-cooked.  
Consuming raw or under-cooked meats, poultry, shellfish, or eggs may increase your risk for food borne illness.



# ISLAND HOUSE

## Lunch

### *Burgers*

Served with Green Leaf Lettuce, Tomato, Red Onion, Van's Pickles, & Choice of Side

Sides: "Natural Cut" Fries, Creamy Cole Slaw, Tater Tots, Fresh Fruit, Petite Green Salad, Sweet Potato Fries +1, or Cup of Soup +1

#### GF **\*BOHICKET BURGER**

'Schweid & Sons' Custom Seabrook Blend of Angus Chuck, Brisket, & Shortrib on Toasted Ashley Bakery Bun with Choice of American, Cheddar, Pepperjack, Swiss, Provolone, Blue Cheese, Pimento, Brie or Boursin Cheese

~Add Bacon, Mushrooms, Avocado, Sauteed Onions, or Fried Egg +1~

14

#### GF **\*"QUICKIE" BURGER**

In a Hurry? 6oz. Burger Patty, American Cheese, Lettuce, Tomato, Pickle, Sesame Seed Bun, Fancy Sauce

12

#### GF **\*GOBBLE BURGER**

Lean Ground Turkey Patty, Brie Cheese, Cranberry-Chipotle Compote, Crunchy Radish Sprouts, Toasted Croissant Style Burger Bun

12

#### GF **\*BEACH BUM #2**

By Popular Demand! Grilled Fresh Salmon Filet, Crisp Applewood Smoked Bacon, Fried Green Tomato, Arugula, Old Bay Aioli, Pumpernickel Bun

14

#### VG **BLACK BEAN BURGER**

Lightly Spiced Black Bean/Chipotle "Burger," Toasted Gluten Free Bun, Goat Cheese, Salsa Fresca, Sprouts

10

### *Bistro Fare*

Sandwich Sides: "Natural Cut" Fries, Creamy Cole Slaw, Tater Tots, Fresh Fruit, Petite Green Salad, Sweet Potato Fries +1, or Cup of Soup +1

#### **TODAY'S QUICHE**

Individual Sized Combination of Egg, Cheeses, Veggies and/or Meats in a Housemade Crust, with a Petite Salad, Choice of Dressing

10

#### GF **THE CLUB SUB**

Triple Decker of Natural Turkey, Honey Ham, Applewood Smoked Bacon, Cheddar, Swiss, Lettuce, Tomato, Chipotle Honey Mustard, Toasted Fresh Ashley Bakery Sub Roll

12

#### **\*SANTA FE CHICKEN WRAP**

Sliced/Marinated Grilled Chicken Breast, Guacamole, Pepperjack Cheese, Southwestern Ranch, Baby Spinach, Tomato, Jalapeno/Cheese Tortilla

11

#### GF **CALIFORNIA TURKEY CROISSANT**

Sliced Turkey, Avocado, Sprouts, Arugula, Tomato, Brie Cheese, Vinaigrette, Toasted Croissant Bun

11

#### GF **"KNIFE & FORK" PULLED PORK**

Open Faced House Smoked Pork Shoulder, Slaw, Sean's Cornbread, Pimento Cheese, Mustard "Q"

11

#### **\*SHRIMP & OYSTER PO' BOY**

Crispy Shrimp & Oysters, Fresh Ashley Bakery Sub Roll, Shredded Lettuce, Tomato, Old Bay Aioli

13

#### GF **\*FISH TACOS**

Fresh Catch of the Day, Flour or Corn Tortilla, Shredded Lettuce, Salsa Fresca, Creamy Chipotle Sauce

11

**OPEN FACED TUNA MELT**

Toasted English Muffin, White Tuna Salad, Sliced  
Tomato, Melted Cheddar & Swiss

~tuna salad sandwich or tuna salad on a bed of lettuce  
also available~