



# ISLAND HOUSE

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*Lunch*

## *Soups and Salads*

**CHEF'S SOUP DU JOUR \$5/\$6**

**GF SMOKEHOUSE CHILI \$5/\$6**

**VG BOHICKET'S SALAD \$8/\$11**

Mixed Baby Greens & Romaine, Cucumber, Grape Tomato, Red Onion, Shredded Carrot, Cheddar Cheese, Focaccia Croutons, Tangy Tomato Vinaigrette

**VG THE "BECKY" \$8/\$11**

Romaine Lettuce, Pineapple, Green Apple, Candied Pecans, Strawberries, Blueberries, Honey Mustard

**VG CLASSIC CAESAR \$8/\$11**

Romaine Lettuce, Parmesan, Seasonal Tomatoes, Grilled Pita, Creamy House Made Caesar Dressing

**VG SUPERFOOD SALAD \$8/\$11**

Baby Greens & 7 Shredded Veggies, Quinoa, Avocado, Sprouts, Sunflower Seeds, Toasted Sesame Dressing

### **SALAD ADD ONS**

Grilled or Crispy Chicken Breast +5

Crispy or Grilled Shrimp +9

\*Grilled Salmon +9, Crispy Oysters +9

## *Flatbread Pizzas*

**CHEESE OR PEPPERONI \$10/\$12**

**TODAY'S CREATION \$MKT**

Check the Specials for Today's Flatbread

**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 FEATURES 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.



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*Lunch*

## *Sandwiches, Etc.*

All Sandwiches served with choice of Fries, Creamy Slaw, Tater Tots, Fresh Fruit, Potato Salad, Petite Green Salad, Sweet Potato Fries +1, or Cup of Soup +1

### GF **\*BOHICKET BURGER \$12**

Custom Ground Patty, Brioche Bun, Choice of Cheese, Lettuce, Tomato, Red Onion, Pickles  
Add Bacon, Mushrooms, Avocado, or Sautéed Onions +1  
\*\*\*make it low carb with a lettuce "bun"\*\*\*

### VG **"IMPOSSIBLE" BURGER \$12**

Plant Based Patty, Choice of Cheese, Lettuce, Tomato, Red Onion, Pickles  
\*\*\*make it low carb with a lettuce "bun"\*\*\*

### **CALIFORNIA CLUB WRAP \$11**

Sliced Turkey, Honey Ham, Applewood Smoked Bacon, Avocado, Sprouts, Arugula,  
Tomato, Boursin Cheese, Vinaigrette, Whole Wheat Tortilla

### **MEATBALL SUB \$11**

House Made Beef & Pork Meatballs, Marinara Sauce, Provolone, Romano, Toasted Sub Roll

### **CRISPY CHICKEN SANDWICH \$12**

Buttermilk Fried Breast, Toasted Hawaiian Brioche Bun, House Made Pickles, Spicy Mayo

### GF **OPEN FACED TUNA MELT \$11**

Becky's Creamy Tuna Salad, Toasted English Muffin, Tomato, Swiss & Cheddar Cheeses

### GF **BECKY'S CHICKEN SALAD CROISSANT \$11**

Creamy Chicken Salad with Grapes & Pecans, Croissant, Lettuce, Tomato, Sprouts

### **\*SALMON "B.L.T." \$13**

Grilled Fresh Salmon, Applewood Smoked Bacon, Avocado, Brie Spread,  
Arugula, Tomato, Toasted Soft French Roll

### **\*SESAME TUNA WRAP \$15**

Sesame Seared Rare Ahi Tuna, Crunchy "Super Food" Slaw,  
Sprouts, Sriracha Aioli, Soft Tortilla Wrap

### GF **\*MAHI TACOS \$12**

Today's Fresh Seafood, Griddled Flour (or Corn) Tortilla, Shredded Cabbage,  
Pico de Gallo, Roasted Red Pepper Remoulade

### **GYRO \$11**

Shaved Gyro Meat, Lettuce, Red Onion, Tomato, Cucumber, Tzatziki Sauce, Grilled Pita Bread

### **"ITALIAN STALLION" PANINI \$13**

Shaved Ham, Genoa Salami, Mortadella, Provolone, Cherry Peppers, Lettuce,  
Tomato, Red Onion, Red Wine Vinaigrette, Griddled Italian Roll

### **\*TODAY'S OMELET \$MKT**

3 Egg Omelet with Seasonal Fillings & Toasted English Muffin