



# LUNCH MENU

## starters

**FRIED CHICKEN WINGS \$16**

Buttermilk Blue Cheese or  
Ranch Dressing | Celery

*Choice of Sauce:*

Hot Honey, BBQ, Buffalo

DF|GF|NF

**CAESAR SALAD \$16**

Chopped Romaine | Parmesan  
Garlic & Herb Croutons | Traditional Dressing

\*Make it a wrap \$2

NF

**SPINACH SALAD \$18**

Baby Spinach | Cremini Mushrooms | Red Onion  
Sunny Side Egg | Garlic & Herb Croutons  
Warm Bacon Dressing

DF|NF

**POWER BOWL \$16**

Baby Kale | Quinoa | Chickpeas  
Cucumbers | Marinated Tomatoes | Avocado  
Yogurt-Tahini Dressing

GF|NF

**ADD ONS**

Grilled Chicken \$9 | Shrimp \$14

DF|GF|NF

## main plates

**LAUGHING GULL BURGER\* \$22**

Two Beef Patties | Shredded Lettuce  
Tomato | Onion | Pickles | Toasted Potato Bun

*Choice of Cheese:*

Cheddar, Swiss, Or American

Add Bacon \$4

NF

**FRIED CHICKEN SANDWICH \$20**

Buttermilk Fried Chicken | Garlic Aioli  
Shredded Lettuce  
Pickles | Hot Honey  
Toasted Potato Bun

NF

**CHICKEN TENDERS \$18**

*Choice Of Dipping Sauce:*

Honey Mustard, Ranch

Frank's RedHot Sauce, or BBQ

DF|NF

**CAPRESE PANINI \$18**

Tomatoes | Fresh Mozzarella  
Basil Arugula Pesto  
Olive-Pickled Vegetable Relish | Ciabatta Roll

NF

**TOMATO BISQUE &  
GRILLED CHEESE \$16**

Roasted Tomato Bisque  
Sharp Cheddar Grilled Cheese

V|NF

## sides

**FRENCH FRIES \$7**

GF|NF

**SWEET POTATO FRIES \$7**

GF|NF

**FRUIT \$6**

GF|NF|V|VG

**SIDE SALAD \$6**

GF|NF|VG

## dessert cups

**BANANA PUDDING \$10**

Vanilla Pudding  
Banana Purée | Nilla Wafer

NF|V

**CHOCOLATE SALTED CARAMEL  
MOUSSE \$12**

Chocolate Cake | Salted Caramel Mousse  
Cocoa Nibs

NF|V

DF dairy free GF gluten free NF nut free V vegetarian VG vegan

\*CONSUMER ADVISORY: Contains ingredients that are raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness