



# APPETIZERS

SALADS

#### PARMESAN POLENTA MEATBALLS 12 G

House made meatballs, crispy polenta cakes, marinara

#### FRIED GREEN TOMATOES 12 G

House made fried green tomatoes, boursin cream sauce

#### FRIED CALAMARI 14 G

House made fried calamari, sweet thai chili sauce

## COI O / BOME TO G

#### 17 WEST SIGNATURE SALAD HALF 7 / FULL 12 G

Mixed greens, kale, broccoli, brussels sprouts, cabbage, mandarin oranges, goat cheese, candied almonds, sweet red wine vinaigrette

#### BLUEBERRY WALNUT SALAD HALF 7 / FULL 12 G

Mixed greens, fresh blueberries, candied walnuts, feta cheese, balsamic vinaigrette

## WEDGE SALAD HALF 7 / FULL 12 G

Iceberg lettuce, bacon, heirloom tomatoes, blue cheese crumbles, blue cheese dressing

## **SOUP & SALAD**

Cup of Soup – your choice Garden salad 10 Half version of all other salads 13

# ROASTED GARLIC, SPINACH AND ARTICHOKE DIP 12 Roasted garlic, spinach, artichokes, cream cheese.

Roasted garlic, spinach, artichokes, cream cheese, parmesan, toasted baguette, gluten free bread available

## **ROASTED RED PEPPER & SMOKED GOUDA SOUP**

Jumbo lump crab meat, crème fraiche, chives CUP 6 / BOWL 10 G

### CLASSIC CAESAR HALF 7 / FULL 12 G

Romaine lettuce, parmesan crisps, classic caesar dressing

## SANTA FE SALAD HALF 8 / FULL 14 G

Seasoned fried chicken tenders, mixed greens, heirloom tomatoes, black bean corn relish, cheddar cheese, tortilla strips, sweet habanero ranch dressing

### ASIAN GINGER SALAD HALF 8 / FULL 14

Crispy hand-breaded chicken strips, mixed greens, sliced almonds, mandarin oranges, red peppers, snow peas, red onion, asian ginger dressing

#### BUFFALO CHICKEN SALAD HALF 8 / FULL 14 G

Grilled spicy buffalo chicken, mixed greens, blue cheese crumbles, carrots, heirloom tomatoes, choice of dressing

Add ons: grilled chicken  $-7 \cdot \text{baked tofu} - 5 \cdot \text{grilled salmon}^* - 10 \cdot \text{sirloin steak}^* - 12 \cdot \text{grilled shrimp} - 9$ 

DRESSINGS: House sweet red wine vinaigrette, cilantro lime, ranch, blue cheese, balsamic vinaigrette, honey mustard, french, sweet habanero ranch

# **ENTREES** •

#### VEGAN QUINOA POWER BOWL 14 G

Kale, brussels sprouts, cabbage and broccoli super slaw, tri-color quinoa, red peppers, snow peas, green onions, strawberries, cilantro, toasted almonds, almond ginger sauce

# CITRUS SOY SALMON\* 14 G

Grilled 4 oz. salmon, sweet soy, cilantro lime sauce, mashed cauliflower, vegetable medley

## SPICY CRAB CAKE BLT 18

Lump crab cake, fried green tomatoes, bacon, bonfire aioli, mixed greens, hand-cut french fries

## HOUSE MADE CHICKEN TENDERS 10 G

Hand breaded chicken filets, hand-cut french fries

#### CHICKEN BREAST 12 G

Marinated chicken breast, grilled with your choice of light seasoning, bbq or cilantro lime, mashed yukon gold potatoes, sauteed carrots

## VEGETABLE STIR FRY 10 G

Broccoli, red peppers, onions, snow peas, carrots, jasmine rice, sliced almonds, teriyaki

baked tofu – 5 · grilled chicken – 7 · grilled salmon\* – 10 sirloin steak\* – 12 · grilled shrimp – 9

## CHOPPED SIRLOIN\* 11 G

Ground sirloin, mashed yukon gold potatoes, sauteed green beans

sautéed onions, sautéed mushrooms - 2 each

## - • SANDWICHES • -----

Gluten free sandwich bread, buns or lettuce wrap available.

## BREMEN BURGER\* 12 DOUBLE\* 18

Classic 8 oz. blend of prime beef cuts, grilled to order, lettuce, tomatoes, red onion, toasted brioche bun, choice of cheese, dill pickle spear

bacon, sautéed onions, sautéed mushrooms, crumbled blue cheese - 2 each

## **BUFFALO CHICKEN WRAP 12**

Grilled chicken, buffalo sauce, lettuce, heirloom tomatoes, red onion, blue cheese crumbles, flour tortilla

## 17 WEST CLUB 15

Heated turkey, ham, smoked neuske bacon, american cheese, swiss cheese, lettuce, tomato, red onion, mayonnaise, mustard, toasted everything sourdough bread, dill pickle spear

## CHICKEN SALAD CROISSANT 12

House made spicy chicken salad, lettuce, tomato, croissant, fresh fruit cup

All sandwiches include house chips. Substitute specialty side salad or cup of any soup 4

• SIDES

Sauteed green beans 4 G
Vegetable medley 4 G
Sauteed carrots 4 G
Mashed cauliflower 4 G

Mashed yukon gold potatoes 4 G
Roasted red potatoes with spinach
and red onions 4 G
Hand-cut french fries 4 G
House chips 4 G

Side garden salad 5 G House slaw 4 G Cottage cheese 4 G Fresh fruit cup 4 G

PLEASE NOTIFY YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES OR REQUIRE SPECIAL FOOD PREPARATION \*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR CHANCE FOR FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS