



# Lunch MENU

## THE \$10 LUNCH COMBO

Choice of...

**#1. CUP OF SOUP + ½ SANDWICH**

**#2. ½ SALAD + ½ SANDWICH**

**#3. CUP OF SOUP + ½ SALAD**

*All served w/a pickle and kettle chips*

Soup:

**SOUP OF THE DAY**

Salad Choices:

**CARMEL'S HOUSE**

**FORK & KNIFE CAESAR**

**FATTOUSH**

**SHIRAZ**

Sandwich Choices:

**CARMEL'S CLUB**

**DILLED-DIJON TUNA SALAD**

**ROASTED CHICKEN SALAD**

**TURKEY PANINI**

**MEDITERRANEAN MOZZARELLA PRESS**

## Salads/Soup

Add Grilled chicken +4 | Seared salmon +6 | Grilled beef +6

Sautéed shrimp(6 pcs) +6 | Seared Tuna +6

**SOUP OF THE DAY \$4/\$7**

Ask your server about our soup of the day

**CARMEL'S HOUSE SALAD \$10**

Watercress, baby red oak, frisée, shaved Bermuda onions & radishes, lemon-sumac vinaigrette, served w/a warm walnut crusted goat cheese

**FORK & KNIFE CAESAR SALAD \$8**

Length cut hearts of romaine, parmesan cup, Mediterranean Salsa & garlic croutons | add anchovies +2

**FATTOUSH SALAD \$8**

A mixture of tomatoes, onions, English cucumbers, scallions, radish, lettuce blend, tossed in a lemon dressing, topped w/Carmel feta cheese, served w/oven toasted pita bread

**SHIRAZ SALAD \$10**

Grape tomatoes, Carmel cucumbers, shallots, radishes & a blend of flat leaf herbs, fennel, micro greens, parsley, dill, mint & chives, tossed in a lime vinaigrette, garnished w/pink Himalayan salt & ground black pepper

**SHRIMP COBB SALAD \$12**

Avocado, bleu cheese crumbles, roma tomatoes, apple wood smoked bacon, boiled egg & romaine blend, served w/bleu cheese dressing

**SEARED AHI TUNA SALAD \$16**

Napa cabbage, julienned peppers, Bermuda onions, English cucumbers & mint, w/soy-ginger vinaigrette & crispy wonton strips

## Sandwiches

*All sandwiches are served with a pickle*

*Substitute Kettle Chips with...*

*Fruit +3.5, Salad +3.5, French Fries +2.5, Sweet Potato Fries +3.5*

*Gluten-Free Bread +2*

## From the Land

**CARMEL'S HANDCRAFTED BURGER \$11**

Certified Angus beef, caramelized onions & blend of peppercorns w/lettuce, tomato & Bermuda onions, on a sesame brioche roll, served w/french fries

**FOUR PEPPERCORN CRUSTED BEEF TENDERLOIN \$13**

Shaved Bermuda onions, Roma tomatoes, horseradish aioli, garnished w/blend of watercress & greens, tossed in a lemon dressing, on challah bread, served w/kettle chips



**BEEF SHAWARMA \$11**

Carmel's spiced lean beef, caramelized onion, cilantro, cabbage coleslaw & cucumber-tomato salad, on fresh pita bread, served w/french fries & side of hummus



**RUE-BINI SANDWICH \$14**

Thin sliced corned beef, mustard layered w/Russian slaw & Swiss cheese, on toasted rye bread, served w/french fries



**HOUSE ROASTED PRIME RIB SANDWICH \$16**

Shaved prime rib piled high on a French roll, served w/au jus, creamy horseradish & french fries

**CUBAN \$11**

Pork carnitas, shaved ham, Swiss cheese, sliced pickles & mustard, on a sesame hoagie, served w/kettle chips

**SLOW ROASTED PULLED PORK \$12**

Lightly pickled sliced Bermuda onions, avocado, Swiss cheese, topped w/cilantro-lightly pickled cabbage slaw, on a sesame hoagie, smeared w/a garlic Aioli, served w/kettle chips

**CARMEL'S CLUB SANDWICH \$12**

Shaved smoked turkey, salami, & ham, topped w/applewood smoked bacon, lettuce, tomato, Swiss cheese & mayonnaise, triple layered on toasted white bread, served w/kettle chips

**ROASTED CHICKEN SALAD \$10.5**

Roasted chicken breast mixed w/caramelized onion, mountain herbs & roasted garlic aioli, on brioche bread, served w/kettle chips

**TURKEY PANINI \$9.5**

Sliced smoked turkey grilled w/tomato, Swiss cheese & a pesto spread, on focaccia bread, served w/kettle chips



**CHICKEN SHAWARMA \$10**

Carmel's spiced chicken, caramelized onion & red pepper, cilantro, cabbage coleslaw & cucumber-tomato salad, on fresh pita bread, served w/french fries & side of hummus

## From the Sea

**OPENED FACE FISH BURGER \$12**

Freshly prepared grilled fish cake topped w/lettuce, tomato & cilantro tahini sauce, on sesame brioche roll, served w/french fries

**SMOKED SALMON \$12.5**

Smoked salmon layered w/Roma tomato, Bermuda onions, sliced boiled eggs & herbed cream cheese, on a toasted marble rye, served w/kettle chips

**NORTH ATLANTIC COD \$12**

Grilled & garnished w/cilantro cabbage slaw, tomato & remoulade, on sesame brioche roll, served w/french fries

**DILLED-DIJON TUNA SALAD \$10.5**

Albacore tuna mixed w/dijon-caper aioli, garnished w/lettuce & tomato, on challah bread, served w/kettle chips

## From the Garden

**PORTABELLA MUSHROOM BURGER \$10**

Balsamic marinated whole portabella filled w/roasted veggies, topped w/a sundried tomato aioli & micro greens, on a sesame brioche roll, served w/Carmel salad

**MEDITERRANEAN MOZZARELLA PRESS \$10**

Mediterranean mozzarella tomato basil press, served w/kettle chips

## Entrees



**CHICKEN ROULADE \$12.5**

Filled w/sundried tomato, asparagus, basil & parmesan cheese, served w/a red pepper boursin cream sauce & herb marinated veggies

**CORIANDER-PEPPERCORN CRUSTED BEEF TENDERLOIN \$16**

Medallions of beef served w/french fries & roasted vegetables, finished w/a demi sauce

**GRILLED MOUNTAIN HERB CRUSTED SALMON \$12**

Baton cut vegetables & leweled basmati rice, served w/citrus butter sauce



**FISH & CHIPS \$14**

Amber ale battered North Atlantic cod, served w/french fries & a homemade tartar sauce



**MARDI GRAS PASTA \$14**

Fresh seafood medley & smoked sausage, tossed w/caramelized mushrooms, onions, & bell peppers in a zesty cajun sauce, atop a bowtie pasta

**LOBSTER RAVIOLI \$14**

Ravioli stuffed w/lobster chunks, served in a rich tomato sauced, garnished w/shaved parmesan cheese