

the REAL-BAR

Lunch Menu

Starters

BLACK BEAN DIP & TORTILLA CHIPS
\$9

BLUE CRAB DIP WITH FLATBREAD
AND CRACKERS \$10

SPINACH DIP WITH FLATBREAD AND
CRACKERS \$9

HUMMUS WITH VEGGIES AND
FLATBREAD \$8.95

CHEESE BOARD
small 8.95 large 12.95

Salads

ALL SALADS \$8.50 ADD CHICKEN OR AHI
TUNA - \$3.50

REAL HOUSE

greens, carrots, red peppers, mixed
cheeses

MEDITERRANEAN

greens, artichokes, red peppers, olives,
banana peppers, croutons, greek dressing

ASIAN SALAD

greens, mandarin oranges, wonton strips,
almonds, sesame oriental dressing (contains
nuts)

THE TRIO

chicken salad, pimento cheese, black bean
corn salad \$12

STRAWBERRY GOUDA

greens, strawberries, gouda cheese,
poppyseed dressing

Soups

TOMATO BASIL OR SHRIMP CORN
CHOWDER

Cup - \$4.95 Bowl - \$6.95

Tacos

LOADED VEGETARIAN - FLOUR OR CORN

black beans, corn, red pepper, chipotle
crema, avocado
2 - \$8.95 3 - \$12

THE THAI

ahi-tuna or chicken, citrus ginger slaw,
almonds, wonton strips (contains nuts)
2 - \$8.95 3 - \$12

Sandwiches & Wraps

sides- black bean corn salad,
pasta salad, or kettle chips
\$10.95

CHICKEN SALAD SANDWICH OR WRAP

TURKEY AND HAVARTI SANDWICH
basil pesto

BLACK FOREST HAM & CHEDDAR
SANDWICH OR WRAP
horseradish mustard mayo

PIMENTO CHEESE SANDWICH OR WRAP

cheddar and jack cheeses

TURKEY & MONTERREY JACK WRAP

ranch cream spread

TURKEY & HAVARTI WRAP
honey cream spread

ULTIMATE VEGGIE WRAP
seasonal veggies, hummus, havarti

REAL COMBO - PICK (2) 1/2
SANDWICH/WRAP, SALAD, CUP OF
SOUP

(mediterranean not included with combo)

Pizzas & More

FLATBREAD OR REGULAR CRUST
PIZZAS \$14

MARGHERITA

PEPPERONI BASIL

BURRITO BOWL WITH CHICKEN \$12.95

black beans, rice, salsa, chipotle seasoning,
avacado, pepper jack, sour cream, tortilla
chips

BLUE CRAB CAKE 1 - \$10 2 - \$14.50
pan seared, citrus slaw, choice of house or
strawberry gouda salad

REAL KIDS \$5.95

Peanut Butter and Jelly or Grilled Cheese
with kettle chips