



LUNCH MENU

36 Corporate Woods • Rochester, NY 14623

(585) 272-9910



APPETIZERS

- Soup Du Jourcup 3.99.... bowl 5.50
Prepared fresh daily by our Chef
- Fresh Fruit cup 4.25..... bowl 6.50
- Shrimp Cocktail 9.99
Five prawns with cocktail sauce and lemon wedges
- Appetizer Mediterranean Salad..... 5.99
Marinated tomatoes, olives, peppers, artichoke hearts and crumbled feta cheese in an oil and herb vinaigrette, served over mixed salad greens.
- Baked Brie with Almonds7.99
Served with French bread and raspberry sauce
- Appetizer Artichokes French7.99
Lightly battered artichoke hearts sautéed in a sherry parmesan lemon sauce



SALAD PLATES

- Tuna Salad Plate 10.99
Tuna salad with celery, served over salad greens
- Turkey Walnut Salad Plate11.99
Smoked turkey breast, celery and walnuts tossed in a lightly seasoned dressing
- Chicken Salad Plate.....11.99
Diced chicken breast in a Dijon mayonnaise with apples and grapes
- Shrimp Salad Plate.....12.99
Freshly cooked shrimp in a Rose Marie dressing, served over salad greens
- Mediterranean Salad Plate..... 9.99
Marinated tomatoes, olives, peppers, artichoke hearts and crumbled feta cheese in an oil and herb vinaigrette, served over mixed salad greens.

Dressings:

Ginger-Sesame, Italian, Champagne-Balsamic, Honey-Poppy Seed,
Low Fat Italian, Creamy Cucumber, Creamy Bleu Cheese, Add Crumbly Bleu Cheese (.50)



Spinach Salad appetizer 4.99... full 9.99
 Baby spinach leaves with grape tomatoes, red onions, mushrooms, bacon, fresh baked croutons and mandarin oranges, served with a side of honey poppy seed dressing

Garden Salad appetizer 3.99... full 6.99
 Mixed greens with cherry tomatoes, cucumber, assorted fresh vegetables and fresh baked croutons, served with your choice of dressing

Caesar Salad appetizer 4.99... full 8.99
 Romaine lettuce, parmesan cheese and fresh baked croutons, tossed in a creamy Caesar dressing

Greek Caesar Salad 10.99
 Romaine lettuce with crumbled Feta cheese, tomatoes, black olives, mushrooms, red onions and parmesan cheese, tossed in a creamy Caesar dressing

Oriental Salad 8.95
 Romaine lettuce with mandarin oranges, scallions and Chinese noodles tossed in an Oriental sesame ginger dressing

Create Your Own Sampler Salad 13.99

Select three:

• Tuna Salad	• Turkey Walnut Salad
• Chicken Salad (with grapes & apples)	• Shrimp Salad
• Potato Salad	• Fresh Fruit Salad
• Garden Salad	• Bow-tie Pasta Salad (with celery, red peppers, broccoli and carrot)

The following items may be added to any salad:

- **Chicken Breast Strips** 2.00
- **Blackened Chicken Breast Strips** 2.00
- **Grilled Shrimp** 4.00
- **Fresh Fruit Salad** 4.25
- **Crumbled Feta Cheese and Black Olives** 2.00



ENTREES

VEGETARIAN

- Vegetable Angel Hair Pasta** 9.99
Freshly sautéed vegetables with angel hair pasta, tossed in a white wine and lemon garlic sauce
- Vegetable Stir Fry** 9.99
Our fresh vegetable stir fry is served over rice. The dish may be tossed in our sweet and spicy sauce or you may have the sauce on the side
- Chef's Three Cheese Quiche** 8.99
Featuring feta, mozzarella and cheddar cheeses, served with either a cup of soup or a side of garden salad, potato salad or pasta salad
- Vegetable Crepes**..... 9.99
Two thin pancakes rolled with assorted vegetables in a spinach and garlic cream sauce, served with a side of rice
- Phillips Vegetable Paella** 9.99
Freshly sautéed vegetables with a marinara sauce, served over rice
- Artichokes French** 8.99
Artichoke hearts lightly battered and sautéed in a sherry parmesan lemon sauce, served over angel hair pasta

PASTA

- Angel Hair Pasta with Mushrooms & Artichoke Hearts** 9.99
In a white wine, lemon garlic sauce
- Pasta Primavera** 12.99
Fettuccine tossed with fresh vegetables in a creamy alfredo sauce
- Chicken French over Angel Hair Pasta** 11.99
Chicken breast lightly battered sautéed in a sherry parmesan lemon sauce, served over angel hair pasta
- Angel Hair Pasta with Shrimp**..... 13.99
With artichoke hearts and mushrooms in a white wine garlic sauce

SEAFOOD

- Poached Fresh Salmon** 13.99
Served with rice, vegetable du jour and lemon wedges
- Sesame Salmon** 14.99
Broiled salmon fillet encrusted with black and white sesame seeds, served with rice, vegetable du jour and a Wasabi-ginger soy sauce



Shrimp Stir Fry	13.99
Our shrimp and vegetable stir fry is served over rice. The dish may be tossed in our sweet and spicy sauce or you may have the sauce on the side	
Thai Scallops	13.99
Sautéed scallops served with Thai curry cream sauce (spicy) served with rice and vegetable du jour	
Shrimp Crepes	13.99
Two thin pancakes with shrimp and fresh vegetables in a spinach garlic cream sauce, served with a side of rice	

BEEF AND CHICKEN

Thai Beef	13.99
Medallions of beef and fresh vegetables in a Thai curry cream sauce, served over rice	
Beef Marsala	13.99
Fettuccine tossed with beef tenderloin medallions, mushrooms, sun dried tomatoes and artichoke hearts in a Marsala wine sauce	
Chicken French	11.99
Breast of chicken in a sherry parmesan lemon sauce served with rice and vegetable du jour	
Chicken Crepes	11.99
Two thin pancakes with chicken and fresh vegetables in a spinach garlic cream sauce, served with a side of rice	
Chicken Dijon	11.99
Breast of chicken and sautéed mushrooms in a white wine and dijon cream sauce, served with rice and vegetable du jour	
Chicken Stir Fry	11.99
Our chicken stir fry is served over rice. The dish may be tossed in our sweet and spicy sauce or you may have the sauce on the side	
Thai Chicken	11.99
Sautéed chicken breast in Thai curry cream sauce (spicy) served with rice and vegetable du jour	
Chicken Marsala	11.99
Breast of chicken served with mushrooms and artichoke hearts in a Marsala wine sauce, served with rice and vegetable du jour	



SANDWICHES AND WRAPS

SANDWICHES.....4.99

Jalapeno Cheddar or Herb Wrap, White, Wheat or Rye Bread, Pita, Croissant (add 1.00)

- Sliced Ham
- Tuna Salad
- Chicken Salad
- Shrimp Salad (add 1.00)
- Sliced Turkey
- Turkey Walnut Salad
- Vegetable Medley (Greens, cucumber, tomato & cheese)

Mini Sandwiches.....3.99

Mini Wrap or Half a Croissant

Your choice of side:

Soup Du Jour cup 3.99... bowl 5.50

Potato Salad side 3.99

Fresh Fruit Salad cup 4.25... bowl 6.50

Pasta Salad..... side 3.99

WRAPS.....8.99

Wraps are served with your choice of a cup of soup, side of pasta, garden or potato salad

- Chicken Breast Wrap
- Cajun Chicken Breast Wrap
- Chicken Caesar Salad Wrap
- Tuna Salad
- Turkey Walnut Salad
- Shrimp Salad (add 1.00)

MELTS.....8.99

Pita Melts include your choice of a cup of soup, side of pasta, garden or potato salad

- Turkey with Cheddar Cheese Melt
- Ham & Swiss Cheese Melt
- Tuna Salad with Cheddar Cheese Melt
- Chicken Breast, Cheddar & Mozzarella Melt