

Our SuperFoods menu features revitalizing dishes made from powerhouse ingredients rich in nutrients, antioxidants and delicious taste that will help to reenergize your day.

BEGINNINGS

CHICKEN TORTILLA SOUP  8
Sour Cream, Tortilla Strips

SOUP OF THE MINUTE 8
Crafted Daily


BUFFALO CHICKEN WINGS 14
Ranch, Classic


ROASTED RED PEPPER HUMMUS 14
Crudit , Warm Flat Bread

GARLIC SHRIMP 14
Monte au Beurre

MARYLAND-STYLE CRAB CAKE 15
Jumbo Lump, Old Bay® Aioli

GREENS

RICK'S SALAD  16
Spinach, Blueberries, Avocado
Tomato, Cucumber
Candied Walnuts, Basil Vinaigrette


***ASIAN CHICKEN SALAD**  18
Chicken, Avocado, Mandarin Orange
Candied Walnuts, Asian Vinaigrette

CAESAR SALAD 13
Chopped Romaine, Herbed Croutons
Caesar Dressing

***Grilled Chicken Add 7 or Shrimp Add 9**

***RIB EYE STEAK SALAD** 20
Grilled Corn, Cucumber, Tomato
Bleu Cheese Crumbles, Ranch Dressing

FAVORITES

TUSCAN FLATBREAD  17
Olive Oil Poached Tomato, Prosciutto
Baby Arugula, Fresh Mozzarella

SMOKED CHICKEN QUESADILLA 15
Tortilla, Just Cheddar, Green Onions
Roasted Salsa, Sour Cream

BARBEQUE SHRIMP TACOS 17
Tortilla, Jalapeno Cilantro Slaw
Mango, Pickled Red Onions
House Specialty BBQ Sauce- (Contains Bacon)

***AHI TUNA NICOISE** 20
Kalamata Olives, Fingerling Potatoes
Tomato, Haricot Vert, Mignonette Dressing

***SEARED SALMON**  24
Fingerling Potato
Garlic Mustard Sauce

SUN-DRIED TOMATO PASTA 18
Penne Pasta, Julienne Vegetables
Baby Arugula, Sun-Dried Tomato Pesto


CHICKEN PARMESAN 22
Pomodoro Sauce, Fresh Basil
Fresh Mozzarella, Linguine

LUNCH ENTREES

BETWEEN THE BREAD

***RICK'S BACON CHEDDAR BURGER** 16
Certified Angus Beef, Iceberg Lettuce
Tomato, French Fries


***PORTOBELLO BURGER** 18
Certified Angus Beef, Portobello Mushroom
Caramelized Onions, Tomato
Lettuce, French Fries

TURKEY BURGER  16
Grilled Red Bell Pepper, Avocado Aioli
Iceberg Lettuce, Tomato, French Fries

***CRAB CAKE SANDWICH** 19
Jumbo Lump Crab Cake, Old Bay® Aioli
Tomato, Baby Arugula
Horseradish Pickle, French Fries

GRILLED VEGETABLE SANDWICH 17
Marinated Grilled Seasonal Vegetables
Sun-Dried Tomato Pesto, French Fries

***AHI TUNA WRAP** 19
Whole Wheat Tortilla, Mesclun Greens
Asian Vinaigrette, Kettle Chips

ROAST TURKEY BLT  16
Smoked Bacon, Lettuce, Tomato
Lemon Aioli, Sourdough, Kettle Chips

BUFFALO CHICKEN WRAP 15
Chicken Tenders, Ranch
Mozzarella Cheese, Lettuce, Tomato
Whole Wheat Tortilla, Kettle Chips

***RIB EYE SANDWICH** 21
Caramelized Onions, Tomato
Herbed Aioli, French Fries

Choose Sweet Potato Fries
Side Salad or Fruit add 3 each
Add Fried Egg or Avocado 3 each

WARM CRANBERRY BREAD PUDDING 9
Vanilla Bean Ice Cream
Dr. Pepper® Bourbon Sauce

TRIO OF CRÈME BRULEES 9
Dark chocolate, Vanilla, Pistachio
Shortbread Cookie Garnish

MILK CHOCOLATE S'MORES CHEESECAKE 9
Graham Cracker Crust, Burnt Marshmallow
Milk Chocolate Garnish

SEVEN LAYER CARROT CAKE 9
Cream Cheese Icing, Candied Walnuts
Crunchy Sweet Carrots

PASSION FRUIT GATEAU 9
Sponge Cake, Passion Fruit Mousse
Coconut Lime Center, Raspberries

FRESH FRUIT WITH STRAWBERRY SORBET 9
Lemon Cornmeal Cookie

DESSERTS