

Sandwiches

Served with Salad or French Fries

Turkey Croissant 11.25

Roasted Turkey & Crisp Prosciutto with Tomatoes, Red Onion, Fresh Basil, Swiss Cheese and Roast Garlic Aioli
{ 370 calories 25.1g carbs 25.1g protein }

Roasted Prime Rib Dip 12.50

On a Toasted Baguette with Gruyere Cheese, Caramelized Onions and Rosemary Au jus
{ 890 calories 73.5g carbs 43.4g protein }

Spa Steelhead 12.75

Pan Seared Local Steelhead with Organic Baby Spinach, Tomato, Onion & Lemon Caper Aioli
On a Kaiser Roll
{ 350 calories 23.1g carbs 37.7g protein }

Grilled Veggie Wrap 11.50

Marinated Portabella Mushrooms, Red Peppers, Zucchini, Beet Chips, Bok Choy, Toasted Almonds and Roasted Garlic Aioli in a Whole Wheat Tortilla
{ 508 calories 49g carbs 23.9g protein }

MacTarnahan's Fish & Chips 12.95

Beer Battered Pacific Northwest Halibut with French Fries and House Made Cole Slaw { 1152 calories 149g carbs 44g protein }

Braised Chicken Gyro 11.50

Slow Cooked Chicken, white wine & Fresh Herbs in a Warm Pita with Cucumber Salsa and Tsatsiki Sauce
{ 487 calories 45.3g carbs 52.9 protein }

Seafood Melt 13.50

Dungeness Crab, Wild Shrimp, Dill Havarti Cheese, Organic Baby Arugula, Roasted Red Peppers on Toasted Ciabatta Bread
{ 510 calories 55g carbs 47.1g protein }

Bonneville Burger 10.95

½ lb Oregon Char-Broiled Beef with Tillamook Cheddar Cheese, Lettuce, Tomato & Onion on a Toasted Kaiser Roll
{ 548 calories 52g carbs 56g protein }

Fish Tacos 12.75

Pan Seared Halibut with Jicama Pineapple Salsa, & Green Chile Cilantro Sauce In Corn Tortillas
{ 342 calories 26g carbs 28g protein }

Substitute: Onion Rings, Organic Quinoa or Fresh Fruit
2.00

Lunch Starters

Roasted Pepper Hummus 10.00

House Made Roasted Red Pepper Hummus
Served with Feta Cheese, Pepperoncini,
Cherry Peppers, Kalamata Olives and Pita Bread

Spinach and Artichoke Dip 9.00

Organic Baby Spinach, Artichoke Hearts,
Roasted Jalapenos and a Three Cheese Blend
Served with Corn Tortilla Chips

Forest Mushroom Medley 10.25

Sautéed Local Mushrooms, Garlic, Goat Cheese and Fresh Basil
Served with Toasted Rustic Bread

Soups & Salads

Served with Fresh Baked Bread

Soup of the Day

Cup 3.00 Bowl 5.00

French Onion Soup 7.00

Sweet Washington Onions, Red Wine
and Topped with Gruyere Cheese

On all Salads add Choice of:

Rosemary Lemon Chicken 3.00 Steelhead Trout 4.00 or Seared Tofu 3.00

Grilled Romaine Salad 11.95

Served with Julienned Washington Granny Smith Apples, Carrots, Jicama,
& Smoked Pepper Vinaigrette Topped with Toasted Pepita Seeds
{149.2 calories 42.9g carbs 5.2g protein }

Spicy Cucumber & Tomato Salad 11.95

Served with Blueberries, Red Onion, Fresh Mozzarella, Toasted Almonds & Strawberry
Champagne Vinaigrette over Organic Baby Arugula {442 calories 37.2g carbs 15g protein }

Golden & Crimson Beet Salad 10.75

Served with Oranges, Fennel, Mint, Parsley, Feta Cheese, Toasted Macadamia Nuts &
Pomegranate Vinaigrette over Organic baby Spinach {377 calories 48.1g carbs 14.4g protein }

We are unable to accommodate separate checks on parties of 6 or more
18% gratuity will be added to the final bill