



## Lunch

### Entrée Salads

#### Ahi Tuna Salad

Sesame seared yellow fin tuna served over spinach, onions, tomatoes, cucumbers, avocado, crispy wontons and Parmesan cheese. Choice of dressing. \$16

#### Neighbors Chicken Salad

Mixed greens, Jack and cheddar cheeses, eggs, bacon, tomatoes, almonds and croutons topped with choice of chicken salad, grilled chicken or blackened chicken. Choice of dressing. \$12

#### Southwestern Salad

Mixed greens, avocado, tomato, corn and black bean salsa, cilantro and Jack & cheddar cheeses topped with blackened chicken. Choice of dressing. \$12

#### Fruit Fresca

Mixed greens, cucumbers, pineapple, carrots, strawberries, walnuts, mandarin oranges and craisins with raspberry vinaigrette. \$12

#### Asian Fusion Salad

Spinach and mixed greens, carrots, almonds, mandarin oranges, edamame, wontons, grilled chicken and sesame ginger vinaigrette. \$12

#### Strawberry Spinach Salad

Ripe strawberries, walnuts, fresh mozzarella and fresh basil on a bed of baby spinach with honey balsamic vinaigrette. \$11

#### California Cobb

Diced grilled chicken, mixed greens, diced egg, avocado, bacon, bleu cheese, tomatoes and scallions. Choice of dressing. \$12

#### Spinach Salad

Fresh clipped spinach, mushrooms, bleu cheese, eggs, bacon, tomatoes, walnuts and honey balsamic vinaigrette with choice of grilled chicken or grilled salmon. \$12

#### Caesar Salad

Mixed greens, Parmesan cheese, garlic croutons and Caesar dressing with choice of sliced grilled chicken or salmon. \$12

### Soups

Cup \$3 Bowl \$5

#### Soup of the Day

#### Three-Bean Chili

#### Seafood Bisque

### Soup & Salad

Pair any house salad and bowl of soup for just \$8

#### Market Duo

A scoop of our chicken or tuna salad paired with a bowl of soup. \$9

### House Salads

#### House Salad

Mixed greens, carrots, cucumber, croutons, red onions, tomatoes and choice of dressing. \$5 With entrée. \$3.5

#### Wedge Salad

A wedge of iceberg topped with bleu cheese dressing, diced tomato and bacon. \$5 With entrée. \$3.5

#### House Caesar

Mixed greens, Parmesan cheese, croutons and Caesar dressing. \$5 With entrée. \$3.5

#### House Spinach

Baby spinach, tomatoes, bleu cheese, mushrooms, egg, bacon, walnuts and honey balsamic vinaigrette. \$5 With entrée. \$3.5

#### dressings

Bleu Cheese

Buttermilk Ranch

Honey Mustard

Thousand Island

Greek

Italian

French

Honey Balsamic  
Vinaigrette

Raspberry Vinaigrette

Parmesan Peppercorn

Sesame Ginger Vinaigrette

Sundried Tomato  
Vinaigrette

Mango Pineapple  
Vinaigrette

# Sandwiches

All sandwiches served with choice of side.

## Born to Build Burger

An 8-oz. burger, tomato, lettuce, onion and choice of cheese. \$9.5

## Cajun Chicken Sandwich

Blackened chicken breast, lettuce, tomato, red onion, applewood smoked bacon, melted Swiss cheese and honey mustard. \$10

## Po Boy

Choice of crawfish or shrimp flash fried and tossed in buffalo sauce, Jack & cheddar cheeses, lettuce, tomato and red onion and Creole remoulade on toasted ciabatta bread or wrapped in a flour tortilla. \$11

## Grilled Chicken & Avocado

A grilled chicken breast, bacon, Swiss cheese, avocado, tomato and mayo on a toasted bun or wrapped in a flour tortilla. \$10

## Crunch Wrap

A grilled flour tortilla stuffed with corn chips, melted Jack and cheddar cheeses, seasoned rice and choice of grilled steak, grilled chicken, barbecue chicken or Buffalo tenders. \$10

## Chicken Parmesan Sandwich

Grilled chicken, capicola ham, mushrooms, marinara and mozzarella cheese served on a toasted bun. \$10

## Reuben

Corned beef, sauerkraut, Swiss and Thousand Island on rye bread. \$9.5

## Southern

Pimento cheese, bacon, lettuce and tomato on toasted ciabatta bread. \$9.5

## Godfather

Salami, capicola ham, pepperoni, lettuce, tomato, red onion, banana peppers and mozzarella cheese on toasted ciabatta bread \$9.5

## Chicken Salad Sandwich

House-made chicken salad served with lettuce and tomato on whole-grain bread or wrapped in a flour tortilla. \$9

## Veggie Wrap

Sautéed vegetables, chickpeas and white rice wrapped in a flour tortilla. Served with a side of balsamic vinaigrette and your choice of side. \$9

## Southwest Chicken Wrap

Chicken, avocado, pico de gallo, lettuce, Jack and cheddar cheeses, corn and black bean salsa and jalapeños in a flour tortilla. \$9.5

## Neighbors Cheesesteak

Thin cut steak with sautéed onions and bell peppers topped with melted white cheese sauce on a baguette. \$10

# Lunch Specialties

## Lunch Steak 6-oz.

Sirloin grilled to order and served with choice of two sides. \$12

## Chicken Marsala

All natural chicken breast pan fried in panko bread crumbs, topped with a mushroom marsala cream sauce. Choice of two sides. \$11

## Blackened Chicken Pasta

Pan seasoned chicken breast tossed with a creamy garlic Alfredo sauce and choice of pasta. \$8

## Blackened Ahi Tuna

Seasoned yellow fin tuna pan seared to order and served with remoulade and choice of two sides. \$13

## Cajun Neighbor

Gulf shrimp, crawfish and chicken sautéed with fresh mushrooms, green onions, peppers, tomatoes and andouille sausage in a Creole cream sauce over seasoned rice or choice of pasta. \$10

## Pork Chop

A tender pork chop grilled with sweet chile glaze and served with choice of two sides. \$10

## Fish and Chips

Beer battered tilapia fillets on waffle fries with remoulade sauce. \$11

## Stir-Crazy Neighbor

Steak, chicken or shrimp stir-fried in our house teriyaki sauce with fresh vegetables over seasoned rice. One Item \$9 • Two Items \$11 Three Items \$12

## Crab Cake

Seasoned lump crabmeat breaded and lightly pan seared and served with Creole remoulade and choice of two sides. \$11

## Honey Creole Salmon

Hand-cut North Atlantic salmon char-grilled and glazed with a zesty honey Creole sauce. Served with choice of two sides. \$10

## Yellowfin Tuna Salad Sandwich

A house made tuna salad served with lettuce, tomato and red onion on whole wheat bread. \$10

## Tuna Sandwich

Ahi tuna blackened to order, served with lettuce, tomato, onion and house-made remoulade sauce. Choice of one side. \$13

## Hummus "Cheesesteak"

Our house made roasted garlic hummus topped with sautéed bell peppers and onions with melted Swiss cheese served on whole wheat bread. \$9

## Ahi Tuna Wrap

A sesame seared ahi tuna with lettuce and pico de gallo wrapped in a flour tortilla. Served with a wasabi ranch. \$13

## Fish Sandwich

A beer battered tilapia fillet, lettuce, onion, tomato and remoulade sauce on a whole-grain bun. \$10

## French Dip Sandwich

Hot roast beef, fried onion straws and melted Swiss on a baguette. \$10

## Crab Cake Sandwich

Lump crab meat seasoned and pan sautéed with Creole remoulade. Served on a bun with lettuce, tomato and red onion. \$10

## Veggie Grinder

Steamed vegetables, marinara and mozzarella cheese on toasted ciabatta bread. \$8

## Pork Chop Sandwich

Bacon, cheddar cheese and BBQ sauce, with lettuce, tomato and onion. \$9.5

# Sides

À la carte \$4

## Garlic Smashed Potatoes

## Baked Potato

## Sweet Potato Casserole

## Fries

## Pasta

## Seasoned Rice Pilaf

## Sautéed Garden Vegetables

## Spinach Risotto

## Mushroom Risotto

## Asparagus

## Steamed Vegetables

## Steamed Broccoli

## Sautéed Green Beans

## Coleslaw