

Lunch



Entrée Salads

Ahi Tuna Salad

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

Neighbors Chicken Salad

Mixed greens, Jack & 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 raisins 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

Wedge Salad

Iceberg wedges topped with bleu cheese dressing, bacon, tomatoes, green onions and bleu cheese crumbles. \$8

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

House Wedge

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	Raspberry Vinaigrette
Buttermilk Ranch	Honey Balsamic Vinaigrette
Honey Mustard	Sesame Ginger Vinaigrette
Thousand Island	Mango Pineapple Vinaigrette
Greek	
Italian	
French	
Parmesan	
Peppercorn	

Sandwiches

All sandwiches served with a 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. Served with 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 & cheddar cheeses, seasoned rice & choice of grilled steak, grilled chicken, BBQ chicken or Buffalo tenders. \$10

Chicken Parmesan Sandwich

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

Pulled Pork Sandwich

Slow cooked pulled pork BBQ piled high on a toasted bun with coleslaw on the side. \$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. \$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 fresh hoagie. \$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

Yellowfin Tuna Salad Sandwich*

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

Tuna Sandwich*

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

Blackened Mahi Sandwich

An 8-oz. cut of mahi blackened and served on a brioche bun with lettuce, tomato, onion and remoulade. \$14

Hummus

“Cheesesteak”

Our house-made roasted garlic hummus topped with sautéed bell peppers and onions with melted Swiss cheese served on a fresh hoagie. \$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

Veggie Grinder

Steamed vegetables, marinara and mozzarella cheese on toasted ciabatta bread. \$9

Pork Chop Sandwich*

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

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. \$9

Lunch Grilled Chicken

6-oz. grilled chicken served with choice of two sides. \$9

Crab Cake

Seasoned lump crabmeat breaded, 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

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

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

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

Blackened Ahi Tuna*

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

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

HEALTH ADVISORY*

Consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.