

TRAIL SALADS

Spinach Salad	10.99
Add chicken (grilled or blackened)*	13.99
A bed of spinach with red onions, candied pecans, dried cranberries, Gorgonzola cheese, and artichoke hearts. Balsamic vinaigrette dressing.	
Cobb Salad	13.99
Iceberg lettuce, house-roasted turkey, bacon, hard boiled egg, tomato, avocado, diced red onion, and blue cheese crumbles. Served with your choice of dressing.	
Classic Caesar Salad*	9.99
With chicken (grilled or blackened)*	12.99
Hearts of romaine, parmigiano reggiano cheese, herbed croutons, tossed in our own Caesar* dressing.	
Greek Isles Salad	10.99
With chicken (grilled or blackened)*	13.99
Romaine, tomatoes, red onions, cucumbers, kalamata olives, pepperoncini peppers, and imported Greek feta with a classic Greek vinaigrette.	
Margarita Salad*	13.99
Mixed field greens, cashews, Mandarin oranges, red onions, gorgonzola cheese, artichoke hearts, sliced avocado, ruby red grapefruit sections, with grilled margarita chicken. Asian sesame ginger dressing.	
Buffalo Chicken Salad*	12.99
Romaine, Buffalo chicken breast (fried or grilled), with grape tomatoes, cucumber, shredded carrots, and gorgonzola cheese. Served with your choice of dressing.	
Goat Cheese Salad	12.99
Mixed field greens with strawberries, granny smith apples, candied pecans, avocado. Raspberry vinaigrette.	

Substitute a scoop of chicken salad or tuna salad for 4.99, add fish (grilled or blackened) for 5.99

Dressings: Balsamic vinaigrette, Asian sesame ginger, Caesar*, Greek vinaigrette, blue cheese, honey mustard, thousand island, raspberry vinaigrette

TRAIL SOUPS*

	Cup	Bowl
Chicken Noodle Soup	4.99	5.99
Chili	4.99	5.99
Soup Du Jour	4.99	5.99

FLATBREAD*

The Goat Pesto, goat cheese, caramelized onion, spinach	12.99	
The Margherita Tomato sauce, mozzarella, basil	12.99	
The Pear Pear, pesto, brie, bacon, arugula & balsamic glaze	12.99	
Make Your Own	12.99	
Choose four additional items .75 each:		
Chicken	Tomato	Goat Cheese
Bacon	Onion	Blue Cheese
Sausage	Green Pepper	Mozzarella
Chorizo	Red Pepper	Asiago
Ham	Mushroom	Parmesan
	Broccoli	Brie
Tomato Sauce	Scallion	
Pesto	Banana Pepper	
	Black Olives	
	Pineapple	

TRAIL PANTRY

Fruit Bowl	9.99
A bowl of the best seasonal fruit served with yogurt or cottage cheese & our homemade apricot pecan bread.	
Chicken Salad Plate - served on a bed of mixed greens, drizzled with Asian ginger dressing and surrounded by fresh fruit.	10.99
Tuna Salad Plate - served on a bed of mixed greens, drizzled with Asian ginger dressing and surrounded by fresh fruit.	10.99
Egg Salad Plate - served on a bed of mixed greens, drizzled with Asian ginger dressing and surrounded by fresh fruit.	9.99
Trio Plate - Your choice of three of the following: Tuna salad, chicken salad, egg salad, or cottage cheese on a bed of mixed greens with tomato wedges.	10.99
Soup & Half Sandwich	9.99
Your choice of soup plus half of a chicken salad, egg salad, or tuna salad sandwich.	
Salad & Half Sandwich	9.99
Your choice of a garden or Caesar salad* plus half of a chicken salad, egg salad, or tuna salad sandwich.	
Soup & Salad	8.99
Your choice of soup plus a garden or Caesar salad*.	
Lox Bagel Plate	12.99
Slices of lox, red onions, Florida tomatoes, capers, and cream cheese. Served with a toasted bagel on a bed of lettuce.	
Stuffed Crown Tomato	12.99
Stuffed with chicken salad, tuna salad, or egg salad surrounded by fresh fruit.	

TRAIL PLATES

Mom's Meatloaf	12.99
Always a favorite, the best meatloaf ever served with garlic mashed potatoes and vegetables, and a homemade biscuit.	
Low Carb Grilled Fish with veggies*	12.99
Fish fillet grilled to perfection with vegetables.	
Fish and Chips*	13.99
Our special battered and deep-fried pieces of fish served with hand-cut French fries and cole slaw.	

TRAIL CANTEEN

Fresh ground coffee	2.50
Fresh brewed tea	2.99
Orange juice (fresh squeezed)	3.99
Grapefruit juice (fresh squeezed)	3.99
Apple juice	2.75
Cranberry juice	2.75
Tomato juice	2.75
V8	2.75
Assorted English teas (1 bag)	1.99
Fountain drinks	2.99
Milk	2.99
Chocolate milk	3.25
Hot chocolate	2.99
Cappuccino, Café Americano, Café Latte	3.99
Espresso	1.99
Bottled water	2.00
Perrier	3.00

COLD SANDWICHES & WRAPS*

Tuscan BLT* House-roasted turkey, provolone, lettuce, tomato, onion, avocado, bacon, sun-dried tomato mayo, on multi-grain.	12.99
BLT* Bacon, lettuce, tomato, and mayo on your choice of bread.	9.99
Club Sandwich* House-roasted turkey breast, smoked bacon, lettuce, tomato and mayo. Served on your choice of bread. Substitute chicken salad for 1.00	10.99
Good Old Fashioned Ham & Cheese or House-Roasted Turkey & Cheese Lettuce & tomato on your choice of bread.	8.99
D'anjou Pear & Turkey Croissant Thinly sliced house-roasted turkey breast, slices of D'anjou pears, dill havarti cheese, lettuce, tomato, with mango chutney mayo. Served on a croissant.	10.99
Salad Wraps	
Chicken Salad Wrap or Tuna Salad Wrap	10.99
Egg Salad Wrap	9.99
Blackened Chicken Caesar Wrap*	9.99
Turkey Avocado Wrap	10.99
Pacific Rim Wrap* Cabbage, grilled chicken, cashews, Mandarin oranges, with Asian sesame ginger dressing.	9.99
Add bacon to any wrap	2.50

SALAD SANDWICHES*

Chicken Salad Sandwich Our great chicken salad fresh-made daily with all white meat chicken, grapes, pecans, celery, mayo and special spices.	10.99
Tuna Salad Sandwich Our white albacore tuna salad is fresh-made daily with celery, scallions, sweet pickle relish, mayo and special spices.	10.99
Egg Salad Sandwich Our egg salad is fresh-made daily with chopped hard boiled eggs, mayo, salt & pepper, and Grey Poupon mustard.	9.99

BURGERS AND MELTS*

BURGERS*

Hamburger*	12.99
9 ounce angus burger with our special seasoning. With lettuce, tomato, onion, on challah. Add cheese (American, Swiss, cheddar, pepper jack, goat cheese, or provolone) for 1.00. Add bacon for 2.00.	
Black Bean Burger	12.99
With arugula, tomato, onion.	

MELTS*

Patty Melt*	12.99
9 ounce angus burger with grilled onions and cheddar cheese on grilled sourdough.	
Tuna Melt	10.99
A scoop of our fresh-made white albacore tuna salad and grilled onions with cheddar cheese on grilled sourdough.	
Chicken Salad Melt	10.99
A scoop of our fresh-made chicken salad and grilled onions with cheddar cheese on grilled sourdough.	
Grilled Cheese	6.99
Choice of cheese (American, Swiss, cheddar, pepper jack, or provolone). Add bacon for 2.00, add tomato for 1.50	

All sandwiches served on your choice of challah, sourdough, marbled rye, white, wheat, or multi-grain.

Comes with your choice of dill peppercorn potato salad, fresh fruit, house-made hand-shredded cole slaw, hand-cut French fries, sweet potato fries, or house-made potato chips.

HOT SANDWICHES & WRAPS*

Cuban Sandwich	10.99
Ham, pork, swiss cheese, mustard, and pickle on pressed Cuban bread.	
Reuben	10.99
Thin sliced pastrami, sauerkraut, Swiss cheese, and Russian dressing on grilled marbled rye bread. Substitute grilled fish for 1.00	
Monte Cristo	10.99
Thin slices of ham, house-roasted turkey, & Swiss cheese on challah bread, dipped in our French toast batter and grilled golden brown. Served with a side of razzleberry compote.	
Portobello Sandwich	9.99
Portobello mushroom grilled with red and green peppers, grilled onions, lettuce & tomato, and choice of cheese on toasted challah.	
Philly Cheesesteak or Chicken Philly Cheesesteak*	11.99
Grilled thinly shaved prime rib (or chicken) and grilled onions and peppers, with American cheese.	
Tuscan Grill Sandwich*	10.99
Grilled chicken breast with roasted red peppers and honey mustard, Swiss cheese, lettuce, and tomato on challah.	
Trail Fish Sandwich*	10.99
Fish filet, fried or grilled, served on challah with lettuce, tomato, and red onion.	
Chicken Breast Sandwich*	10.99
Grilled, fried, blackened, or Buffalo. With lettuce, tomato, onion on challah.	
Open Face Turkey	10.99
One slice of white bread with house-roasted turkey, potatoes, brown gravy	
Philly Wrap or Chicken Philly*	11.99
Grilled thinly shaved prime rib with grilled onions and peppers, with American cheese.	
Tuna Melt Wrap	10.99
Chicken Salad Melt Wrap	10.99
Grilled Veggie Wrap Sauteed broccoli, spinach, red and green peppers, onions, and portobello in a a balsamic vinaigrette.	8.99

TRAIL SIDES

Hand-cut French fries	3.50
Sweet potato fries	3.50
Homemade potato chips	3.00
Homemade potato salad	2.50
Homemade hand-shredded coleslaw	2.50
Cottage cheese	2.50
Garden salad	3.99
Side Caesar salad*	3.99
Mashed potatoes	2.50
Veggies	2.50
Fresh fruit	Small 2.99 Large 6.99
Sliced tomato	3.25
Scoop of chicken or tuna salad	5.99
Homemade egg salad	4.50
Side of Lox	7.99
Homemade Applesauce	2.25
Avocado	3.99
Chicken Breast	4.99

TRAIL COCKTAILS, BEER & WINE

Mimosa	6.99
Made with fresh squeezed orange juice	
Bellini peach	6.99
Domestic Beers Budweiser, Bud Light	5.00
Imported & specialty beers Stella Artois, Corona	6.00
Wine by the glass	6.99
Wine by the bottle	
Red or White	Market Price

*Consuming raw or undercooked meats, seafood, shellfish, poultry, or eggs may increase your risk of food-borne illness.

Pricing and menu items subject to change.