



Lunch Menu

STARTER & SHARED PLATES

- TUNA POKE** 15
jasmine rice, mango salsa, cucumber, radish, avocado, matchstick carrots, fresh wontons
- DEEP-FRIED CHICKEN WINGS** 16
choose: buffalo, barbecue or garlic parm sauce
served with celery and carrot sticks
- POTATO SKINS** 13
Idaho potato, cheddar cheese blend, applewood smoked bacon, green onions, sour cream
- CHICKEN TENDERS** 15
twenty-four hour brined, hand-breaded chicken breast, served with honey mustard
- DRY BOAT SCALLOPS (3)** 27
served on a bed of wakami, mango avocado salsa, lemon citrus sauce
- VEGETABLE QUESADILLA** 12
Add chicken 6 | beef 6 | shrimp 7
cheddar jack cheese blend, onions, peppers, pico de gallo, sour cream

SOUP & SALAD

ENHANCE YOUR SALAD

Chicken 7 | Shrimp 8 | Salmon 10 | Steak Tips 10
Chicken Salad 6 | Shrimp Salad 6

- SOUP OF THE DAY** 5 / 8
house made
- CLUB SOUP** 5 / 8
red gazpacho
- CAESAR SALAD** 6 / 12
romaine hearts, caesar dressing, crouton, parmesan crisp
- TOMATO BURRATA** 10
served with spinach, cucumber, grape tomato, red onion, fresh basil, balsamic glaze
- STRAWBERRY SALAD** 9 / 14
arugula, baby spinach, couscous, strawberries, feta, toasted almonds, raspberry vinaigrette
- SOUTHWESTERN QUESADILLA SALAD** 9 / 14
spring mix, corn and black bean salsa, tortilla strips, red onion, cheese quesadilla wedge with chipotle ranch dressing
- CHOPPED ICEBERG SALAD** 6 / 13
iceberg, baby spinach, applewood bacon, tomato, pickled red onion, blue cheese crumbles, blue cheese dressing
- MLCC COBB SALAD** 7 / 13
romaine hearts, diced turkey, applewood smoked bacon, tomato, cucumber, avocado, hardboiled egg, blue cheese crumble, honey mustard dressing

HEALTHY BOWLS & FLATBREADS

MAKE YOUR FLATBREAD GLUTEN FREE Cauliflower Crust | 2

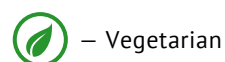
- MLCC POWER BOWL** 24
brown rice, avocado, spinach, pickled red onion, cherry tomato, garbonzo beans, cucumber
- STEAK AND MUSHROOM FLATBREAD** 15
alfredo sauce, diced steak, crimini mushrooms, spinach, onion, truffle oil
- PEPPERONI AND HOT HONEY** 15
pepperoni, ancho honey drizzle, oregano, parmesan, mozzarella, san marzano tomato sauce

SIGNATURE SANDWICH

ALL SANDWICHES ARE SERVED WITH A SIDE
French Fries | House Chips | Sweet Potato Fries
Coleslaw | Fruit | Onion Rings | Side House Salad
Side Caesar Salad

GF white bread and buns available upon request

- CHICKEN SANDWICH** 15
fried/ grilled or blackened, pickles and secret sauce
- MLCC FISH SANDWICH** 17
grilled or blackened
lettuce, tomato, onion and remoulade
- MLCC CLUB** 15
sliced turkey, ham, bacon, american cheese, lettuce, tomato
- MLCC BURGER** 17
green leaf, tomato, onion, secret sauce, pickle spear
- CUBANO** 17
sliced salami, pulled pork, swiss cheese, pickled red onion, fried sweet plantain, garlic avocado cream
- QUARTER POUNDER HOTDOG** 12
chopped onion, relish, ketchup, mustard
- BLACKENED CHICKEN WRAP** 16
blackened chicken, shredded lettuce, tomato, bacon, avocado, spicy mayo
- SHRIMP SALAD SANDWICH** 17
lettuce, tomato, toasted wheat bread
- CHICKEN SALAD SANDWICH** 14
lettuce, tomato, toasted wheat bread



– Vegetarian



– Gluten Free

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