

SOUPS

Shrimp Bisque Cup 4 Bowl 5
French Onion Soup Crock 3

SALADS

House Salad

Grape tomatoes, cucumbers, carrots and red onions
3

Caesar Salad

Tender Romaine hearts, asiago cheese and garlic croutons, tossed in classic Caesar Dressing
5

Add chicken 3 shrimp 4 Salmon 4

Tenderloin Steak Salad

Tomato, cucumber, egg, and carrots, topped with Tabasco onion crisps and bleu cheese
9

Chop Salad

Tomatoes, red onion, cucumber, black olives, roasted red bell peppers and feta cheese
6

Grilled Chicken Salad

Onions, egg, tomatoes, carrots, and cucumber, topped with grilled chicken, French Fries, and cheese
7

Chef Salad

Ham, Turkey, Swiss, and Cheddar cheeses, grape tomatoes, cucumbers, carrots, onions, egg, and croutons
8

Wedge Salad

Large wedge of iceberg lettuce topped with grape tomatoes, cucumbers and bleu cheese dressing
5

Grilled Shrimp Salad

Spinach, candied pecans and bleu cheese crumbles tossed in Vidalia onion dressing
9

Pines Salad

Grape tomatoes, cucumbers, penne pasta and cheese
5

Honey Walnut Chicken Salad

On a bed of greens with tomatoes, cucumbers and carrots
8

Buffalo Mozzarella Salad

Fresh mozzarella, tomatoes, red onion, and Balsamic glaze on a bed of greens
5

Dressings: House Balsamic Vinaigrette, Ranch, Honey Mustard, Bleu Cheese, Herb Vinaigrette, Thousand Island, Golden Italian and Raspberry Vinaigrette

APPETIZERS

Fried Calamari

Served with marinara and topped with aged asiago cheese
7

Stuffed Zucchini

Breaded zucchini stuffed with and Italian cheese blend and topped with roasted bell pepper cream\
6

Crab Cake

Broiled Maryland style crab cake served with a red onion caper sauce
11

Steamed Mussels

Large New Zealand green lip mussels in a spicy beer and tomato broth
9

Chipolte BBQ Shrimp

Char grilled with sweet and spicy corn cake
10

Stuffed Banana Peppers

Banana peppers stuffed with hot Italian sausage topped with marinara and provolone cheese
6

FROM OUR SANDWICH BOARD

The Caprese

Fresh mozzarella cheese, pesto. Fire roasted peppers and spinach on sourdough

7

Grilled Rueben

Thinly shaved corned beef, Swiss cheese, sauerkraut and Thousand Island dressing on marble rye

7

Crab Cake Sandwich

Broiled Maryland style crab cake served on a Kaiser roll with our red onion caper sauce

12

Synergy Burger

8oz Black Angus grilled to your liking with choice of cheese

7

With sautéed mushrooms, onions, or peppers add 1

Synergy Club Sandwich

Turkey, ham, bacon, Swiss and American cheeses lettuce, tomato and mayo

8

Marinated Grilled Chicken Sandwich

Marinated in our light and zesty herb marinade served on a Kaiser roll

8

Philly Cheese Steak

Thinly shaved beef topped with peppers, onion, and provolone cheese on a hoagie roll

7

Buffalo Chicken Wrap

Spicy chicken with lettuce, tomato, red onion, and bleu cheese, Served with bleu cheese dressing

7

Synergy Fish Sandwich

Jumbo beer battered Tilapia fillet served on a hoagie roll with spicy remoulade, cocktail or tartar sauce

8

Honey Walnut Chicken or Tuna Salad

Served on a butter croissant with lettuce and tomato

7

Tuna or Chicken Salad Melt

Served open faced on multi-grain bread with tomatoes and cheddar cheese, then baked

8

LUNCH ENTREES

Sautéed Chicken Penne

Tender Chicken tossed with pine nuts, spinach, sun-dried tomatoes and garlic, tipped with goat cheese

9

Baked Ziti

With sautéed spinach, mushrooms marinara, and ricotta cheese, then baked

8

Crab Cake

Broiled Maryland style crab cake served with a starch of the day

12

Cajun Chicken Alfredo

Spicy chicken in a creamy Cajun sauce with fettuccini pasta

9

Spaghetti and Meatballs

With house marinara and shredded asiago cheese

9

Tilapia

Broiled then tipped with toasted almonds and lemon amaretto meinuerre

9

ALL ENTREES COME WITH SIDE SALAD

SIDES

Side Salad	\$3.00	Grilled Chicken Breast	\$3.00	Grilled Sirloin	\$4.00
Chicken Salad	\$4.00	Tuna Salad	\$3.00	French Fries	\$2.00
Onion Rings	\$3.00	Sweet Potato Fries	\$3.00	Fruit Cup	\$3.00
House Fried Potato Chips	\$2.00	Pasta Salad	\$3.00		