

BEAU'S MENU

Served Daily starting at 11:00 AM

Appetizers & Soups

Charred Spicy Buffalo Wings GF celery sticks and blue cheese dipping sauce	10
Beau's House Made Mozzarella Sticks v with marinara	10
Chicken & Black Bean Quesadilla chipotle roasted chicken, black beans, caramelized onions, Monterrey jack and cheddar cheese with sour cream and homemade salsa	10
Southwest Shrimp GF jumbo shrimp served on polenta cakes with a bacon corn sweet chili sauce	12
Calamari Napolitana flour-dusted, sautéed with lemon, garlic, sweet peppers, scallions, crushed red pepper and sherry	13
Gourmet Pizza du Jour	12
Soup du Jour	cup 4 bowl 6
Colorado Pork Green Chili GF	cup 5 bowl 7

Salads

Wedge of Lettuce GF bacon bits, chopped tomatoes, egg, blue cheese with sesame French dressing	6/9
Caesar v romaine lettuce, garlic herb croutons tossed with traditional dressing	6/9
California Combo chicken and tuna salad, cottage cheese, toast points and fruit	10
Chopped Cobb Salad GF romaine lettuce, avocado, bacon, scallions, tomato, blue cheese, egg, olives, roast corn with chipotle ranch	7/11
Spinach & Goat Cheese GFv pistachios, fresh mix roasted beets, fresh berries, grape tomatoes, balsamic vinaigrette	7/11

*above salads available in sm/lg sizes and with an option of:
chicken - add 4.50, steak, salmon or shrimp*- add 7.50*

Side Dishes GFv

french fries	3
house made chips	3
garlic mashed potatoes	4
sautéed kale with lemon, garlic & olive oil	5
grilled asparagus	5

Beverages

tea: iced or hot (<i>choice of Tazo or flavored teas</i>)	3
milk: whole, skim, soy or chocolate	3
hot chocolate	3
soft drinks (<i>Coke products</i>)	3
coffee: regular, decaf, espresso	3
café latte or cappuccino	4

Sandwiches

*with your choice of coleslaw, side salad, cottage cheese or fruit
sub fries - 2 gluten-free bread - 2*

Chicken or Tuna Salad Sandwich served on whole grain bread with lettuce and tomato	9
Veggie Wrap v asparagus, artichoke, tomato, cucumber, onion, mozzarella, spinach, portobello with roasted red pepper aioli	10
California Turkey Club Sandwich lean turkey, bacon, roasted tomato, purple onion, cucumber, avocado with roasted jalapeno aioli	12
Grilled Chicken Breast Sandwich grilled portobello, bacon and provolone	13
Half Pound Angus Cheese Burger* add mushrooms, onions or bacon .75 ea.	13
Lakewood Reuben house braised corn beef on local rye bread with sauerkraut, Swiss cheese and house made Thousand Island dressing	13

Entrées

Slim & Trim* GF half pound angus patty with sliced tomato, cucumber, cottage cheese and fresh fruit	12
Cavatappi Pasta v tossed with fresh vegetables, spinach, kalamata olives, olive oil, garlic, basil and feta cheese <i>add chicken 4.50 salmon or shrimp* 7.50</i>	13
Southwest Chicken Paillard 8oz breast with spinach and corn salad, sliced avocado and lime	15
Panko Crusted Chicken Parmesan topped with sautéed spinach, fresh tomato, provolone with pasta marinara	18
Grilled Salmon* GF garlic mashed potatoes, chive velouté and asparagus	22
Locally Raised 8 oz Angus Top Sirloin* GF blue cheese and sautéed mushrooms served with fries	23

Filet Mignon* 6oz or 8oz filet with roasted garlic mashed potatoes, asparagus and bourbon peppercorn demi glaze	34/38
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** These items may be cooked to order. Consuming raw or under cooked meats, poultry, seafood, shell fish or eggs, may increase your risk of food borne illness.*

GF Gluten Free v Vegetarian
Parties of 8+ - 20% gratuity will be added to check.

