

**Gluten Free(GF) &  
Vegetarian(V) Menu Choices**

**Soups:** If available: Garden Vegetable (GF&V), Mushroom Brie (V)

**Salad Dressings:** Homemade Bleu Cheese, Valdalia Onion, Mango Vinaigrette, Balsamic Vinaigrette, Raspberry Vinaigrette, Creamy Ranch\*

**The Royal Treatment \$18.95**

Assorted teas, GF Scones, GF Breads for sandwiches. Cucumber dill finger sandwich toppings are GF, and we can substitute our chicken salad with cucumber/shrimp. (Can be modified for GF or V, just inform your server)

**The Tea-Lite Service \$10.95**

Lighter than the Royal Treatment. More of an Afternoon Tea service. Includes sampling of teas, scone & condiments, small savory bites on cucumber or GF bread, tea cookies & sweets.

**The Royal Child \$10.95** Includes tea, chocolate milk, or strawberry smoothie and two of the following: For V: Choc. Chip Scone, for GF: GF Scone, Fruit or GF/V Soup. Includes finger sandwiches of either PBJ, Ham/Cheese, Turkey/cheese, Ham/Cheese rollups, Tuna Salad and dessert.

**The Jr. Royal Child \$6.95** Includes beverage, small order of child finger sandwiches (3) and dessert.



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**Egg Choices with Fruit:**

Scrambled or poached (**\$5.95**) or Omelet w/2 veggie choices & one cheese (**\$8.95**). For V, we have white, wheat, marble rye or multi-grain breads for toast. GF Toast. Add Bacon: **\$2.25**

**Crustless Quiche \$8.95** We can make an individual crustless Quiche with a choice of two veggies\* along with choice of cheese (American, cheddar, Swiss or mozzarella) For GF: Can also add ham, deli smoked turkey or Canadian bacon

**Breakfast Sandwich w/ fruit \$7.95**

**Fresh Fruit Bowl \$5.95** (Seasonal fruit)

**Seaside Delight Salad \$11.50** Shrimp and crabmeat over assorted lettuces with crumbled blue cheese and some avocado, if you please.

**\*Cobb Salad \$11.50** No hard boiled eggs, though. Diced tomatoes, avocado, bacon, veggies, blue cheese artfully displayed over assorted lettuces. Add Shrimp or Chicken: additional **\$2.95**

**Chicke Chicken Breast Salad \$10.95** Sliced Chicken Breast over assorted lettuces, shredded cheeses, cashews, sprouts & avocado.

**Sweet Salad \$9.50** Bed of mixed greens topped with sliced strawberries, raisins, sliced almonds & shredded Swiss cheese. We suggest the Raspberry vinaigrette dressing on the side. Add sliced chicken breast for **\$1.50** more.

## **GF or Vegetarian Sandwiches or Wraps**

All are served with lettuce, tomato and mayonnaise with a choice of soup\*, side salad or fruit. For V: also pasta salad. If GF bread is not attractive to you today, try as a Romaine Lettuce Wrap or Salad with a large "dollop" of ingredients on top.

**Crabbie Lorrie ½ \$8.95, Full \$10.95** Real crabmeat mixed with cream cheese, lemon & garlic.

**Smoked Turkey Mango Wrap \$9.95** Large strips of smoked turkey breast with fruit mayo, avocado, sprouts, mango on Romaine Lettuce.

**Roast Beef \$9.25** Horseradish mayo and cheese.

**Ham & Cheese \$8.95**

**Tuna Salad \$8.95**

**Deli Smoked Turkey \$8.95**

**Veggie Wrap \$8.95** Julienne vegetables in Romaine Lettuce with mayo. Have your server check on available vegetables, however, usually tomato, peppers, broccoli, asparagus and zucchini, along with sliced cheese (cheddar, Swiss or mozzarella.)

**Combos: Pick two of the following for \$7.95**

½ Sandwich or wrap, Cup of Soup, Pasta Salad (V only), Fruit, Side Salad, Special Salad (Seaside or Chicke add **\$1.50**, ½ Cobb add **\$2.50**, Crabbie add **\$1.00**)

*B.Y.O.B Corkage Fee \$3.50.*

*Gratuity will be added to tables of 6 or more.*

## **Gluten Free or Vegetarian Hot Entrees**

*Includes savory scone with choice of cup of soup or salad, side vegetable, if available. Choose between Yukon Gold Mashed Potatoes, Cheesy Casserole Potatoes (Not GF), Baby Baker Potatoes (Not GF), or Veggie Rice Pilaf (GF ok).*

### **Lamb**

**3 Garlic Rubbed Lamb Chops**  
**\$18.95**

*Baked in our ovens with a touch of Peppermint Tea. Seasoned with Rosemary & Thyme. Mint jelly on the side.*

### **Poultry Dishes**

**Chicken en papillote \$12.95**

*Breast of Chicken baked in parchment with julienne vegetables, lightly seasoned with China White Spring Blossom Tea.*

### **Seafood Dishes**

**Coquilles St. Jacques \$15.95**

*Sea Scallops baked lightly with spices, butter, lemon and White Tea, drizzled with a creamy 3 cheese sauce.*

**Shrimp Dejonghe \$15.95**

*Several lovely shrimp arranged in crockery. Topped with Darjeeling Tea Seasoned GF Bread Crumbs*

**Baked Tilapia \$13.95**

*Sliced lemon, tomato and onion baked on top with the Lemon Solstice herbs & butter.*

### **Vegetarian Entree**

**Veggie Wellington \$13.95**

*Various fresh vegetables, onion, peppers julienned and baked in a Puff Pastry with Pai Mu Tan White Tea.*