

Lunch

Daily 11a-3p

Soup of the Day always vegetarian - cup or bowl	4 6
Chicken and Brown Rice Soup cup or bowl	4 6
Cliff Salad mesclun mix, tomato, red onion, cucumber, carrot, & pumpkin seeds, with ranch, honey mustard, blue cheese, herb or balsamic vinaigrette	5 7
Caesar Salad romaine lettuce, croutons & parmesan	5 7
Belmont Cobb Salad mesclun mix, grilled corn, black beans, avocado, tomatoes, blue cheese, egg, cucumber, carrot, tomato, & red onion with choice of dressing	6 9
Beet Orange Salad spinach, roasted beets, orange, red onion feta, sliced almonds, & herb mustard vinaigrette	6 9
add <i>grilled chicken</i> , <i>rosemary chicken salad</i> , <i>salmon salad</i> , or <i>quinoa salad</i> to any salad	4
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sandwiches & burgers served with fries & pickled cucumbers substitute a <i>half salad</i> or <i>bowl of soup</i> for \$2	
Deli Sandwich choice of turkey, ham, or roast beef with bacon, lettuce, tomato, & horseradish mayo on whole wheat	8
Belmont Grilled Chicken Sandwich grilled chicken, sauteed spinach, red onion, & sundried tomato aioli	9
Grilled Cheese smoked mozzarella & roasted tomatoes on spinach parmesan bread	8
BLT choice of pork, turkey, or tempeh bacon on whole wheat with iceberg lettuce, tomato & horseradish mayo	8
Egg Sandwich fried egg on whole wheat with lettuce, tomato, avocado, & horseradish mayo	7
Rosemary Chicken Salad Sandwich savory chicken salad on sourdough with mesclun greens	8
Meatloaf Sandwich meatloaf & marinara served warm on ciabatta bread topped with lettuce, tomato, & onion	9
Burger beef, turkey, or black bean with lettuce, tomato, & onion. Add cheese: cheddar, gruyere, pepper jack or blue substitute a bison burger for \$2	8
BBQ cheddar, jalapeños, & bbq sauce	10
Bacon Blue grilled onion, blue cheese, & bacon	10
Buffalo Blue blue cheese & red hot sauce	10
Brie granny smith apples & brie cheese	10
Spinach Mushroom spinach, mushroom, & gruyere	10
Beans and Rice bean of the day, brown rice, spring mix, & Greek yogurt	6
Chicken & Rice grilled chicken breast, brown rice & vegetable	8
Deviled Eggs three to an order	2
Cup of Black Beans	2
House Cut Fries, Vegetable of the Day, or Mac & Cheese	4

Kids Menu

11am - close

meals come with a choice of fruit, fries, or vegetable of the day	
Fruit and Granola Wrap banana, apple, berries, granola, vanilla honey yogurt, & almond butter in a whole wheat tortilla	4
Almond Butter & Banana Sandwich	4
Grilled Cheese	4
Mac & Cheese	5
Turkey Sandwich	5
Chicken Tenders	6
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Drinks	

Blackberry Rooibos Iced Tea	3
Iced Tea	2
Hot Tea - Organic	3
Fountain Soda Coke, Diet Coke, Sprite, Dr Pepper	2
Juice orange, apple, cranberry, grapefruit, pomegranate	3
Milk whole, skim, soy, or buttermilk	3
Aqua Panna small or large	3 5
San Pellegrino small or large	3 5
Thomas Kemper Soda root beer, vanilla cream, ginger ale	3
Belmont Blend Coffee regular or decaf	2
Divinity Spiced Chai iced or hot	3
Espresso	2
Cappuccino iced or hot	3
Mocha <i>iced or hot</i>	4
Azteca D'oro Hot Cocoa	3
Flavored Syrup hazelnut, vanilla, caramel, chocolate	1

Serving local, natural & organic ingredients when available
20% gratuity added to parties of 6 or more
