

**LUNCH****FLAT BREAD PIZZA**

served with field green salad

**Margarita** 12.95  
fresh mozzarella, plum tomato, basil**SOUPS**

served with homemade bread and sweet whipped butter

**Daily Soup** 7.95  
seasonal soup offered daily**Tomato Basil Soup** 7.95**Small Soup and Half Sandwich** 11.95  
choice of tuna salad, egg salad or grilled cheese**Small Soup and Field Greens** 11.95  
seasonal soup and baby field green salad, house vinaigrette**SALADS**

served with homemade bread and sweet whipped butter

**Caesar** 14.50  
hearts of romaine, parmesan, creamy caesar, parmesan toast**Wild Grilled Salmon Caesar** 18.50**Nicoise** 18.95  
seared ahi tuna, egg, fingerling potato, haricot vert,  
olive, field greens, basil vinaigrette**Salmon Cobb** 17.95  
poached salmon, egg mimosa, avocado, roasted beet, tomato,  
cucumber, field greens, dijon vinaigrette**Greek** 15.95  
feta, tomato, cucumber, onion, olive, oregano vinaigrette**MMF Chopped** 16.50  
flaked tuna, egg mimosa, muenster cheese, tomato, cucumber, roasted  
pepper, roasted corn, roasted beet, ranch dressing**SANDWICHES****Tuna Melt on Baguette** 13.50  
homemade bread & butter pickles, cole slaw, potato chips**Smoked Salmon Tartine on Pumpernickel** 13.95  
herbed cream cheese, plum tomato, onion, dill, field green salad**Veggie Burger** 13.50  
cucumber, sprouts, garlic yogurt dressing, sweet potato fries**Chickpea Burger** 13.50  
lettuce, plum tomato, tahini aioli, hand cut french fries**Grilled Portobello Burger on Sunflower Seed Whole Wheat** 13.75  
cheddar, chipotle aioli, frizzled onions, hand cut french fries**Grilled Ahi Tuna on Italian Bolillo** 16.95  
roasted tomato, wilted arugula, garlic aioli, hand cut french fries**Fresh Mozzarella on Baguette** 13.25  
plum tomato, arugula, pesto, balsamic reduction, field green salad**Roasted Eggplant on Baguette** 10.95  
jerusalem salad, parsley, tahini aioli, field green salad**Egg Salad on Whole Wheat** 10.95  
fresh chives, lettuce, plum tomato, field green salad**Tuna Fish on Whole Wheat** 11.95  
homemade tuna fish, lettuce, plum tomato, field green salad**LUNCH PLATES**

served with homemade bread and sweet whipped butter

**Quiche** 12.95  
served with baby field green salad, house vinaigrette**Provençal Omelet** 13.50  
gruyère, shiitake mushroom, caramelized onion, field green salad**Homemade Macaroni & Cheese** 13.50  
served with baby field green salad, house vinaigrette**Penne Pomodoro** 15.95  
fresh mozzarella, cream infused tomato sauce**Farfalle Pasta** 15.95  
petite peas, shiitake mushroom, wilted spinach,  
parmesan, extra virgin olive oil**Fettuccini Francais** 19.95  
wild salmon, broccoli, parmesan infused light cream sauce**MMF Kid's Sandwich (12 and under)** 9.95  
tuna, egg salad or grilled cheese,  
fruit, potato chips, sugar cookie**MMF Kid's Pasta (12 and under)** 9.95  
penne pomodoro or homemade macaroni & cheese,  
fruit, sugar cookie**FISH****Pan Seared Cod** 28.95  
sautéed spinach, roasted beets, turnips,  
fingerling potato, grapefruit beurre blanc**Braised Red Snapper** 30.95  
shiitake mushrooms, gnocchi, tomato, wilted arugula**Ginger Soy Chilean Sea Bass** 35.95  
julienne carrots, zucchini and squash, roasted garlic mashed**Grilled Ahi Tuna Steak** 31.95  
sautéed spinach, hand cut french fries**Pan Roasted Wild Salmon** 29.95  
orange glaze, sautéed haricot verts, sweet mashed**Fish & Chips** hand cut french fries, cole slaw, tartar sauce 25.95**SIDES**

Cole Slaw 2.50

Hand Cut French Fries or Sweet Potato Fries 5.00

Homemade Potato Chips 3.00

**COLD BEVERAGES**

Freshly Squeezed Orange Juice 4.00

Milk or Soy Milk 2.50

Chocolate Milk 3.95

Martinelli's Apple Juice 3.25

Freshly Brewed Iced Tea 2.95

Homemade Lemonade 3.00

Milk Shake: inquire about our daily selections 6.00

GuS - Ginger Ale, Star Ruby Grapefruit, 3.25

Valencia Orange, Cranberry Lime

Coke, Diet Coke, Sprite, Stewarts Root Beer 2.75

Pana Water and Pellegrino Sm 3.50 Lg 7.50

Iced Cappuccino 4.75

Iced Coffee 3.50