

EST. 2016

# GASTRONOMY

KITCHEN BY *Cirella's*

THIRD EDITION | LUNCH

## KETTLE

SOUP OF THE MOMENT | 8

ONION SOUP | 8  
café style

DAILY CHILI POT | 8 <sup>GF</sup>  
cheddar, scallion sour cream

## SHARE

G-CUT FRIES | 8  
parmesan truffled aioli & sriracha ketchup

SWEET POTATO FRIES | 10  
honey mayo & cilantro mint ranch

BRUSSELS SPROUTS | 10  
crispy, honey, bacon

BEER BATTERED ONION RINGS | 8  
cilantro mint ranch, sriracha ketchup

LI CORN DIP | 15  
jalapeño, sweet onions, roasted peppers,  
cheddar cheese, grilled pita

## SCRAMBLE

ALL DAY EGG WRAP | 14  
scrambled, american cheese, bacon, avocado,  
pico de gallo, salad or fries

QUICHE COMBO | 14  
chef's selection, salad, fries or soup

OMELET | 12 <sup>GF</sup>  
3 eggs + 3 additions + toast, salad or fries  
american, cheddar, feta, swiss, gorgonzola, mozzarella,  
goat cheese, smoked salmon, bacon, mushroom,  
broccoli, tomato, onion, roasted red pepper,  
spinach, brussels sprouts leaves, avocado  
additions {\$1 ea.} / egg whites {\$1.5} / gluten free roll {\$2}

## FLATBREADS

MARGHERITA | 14  
tomato sauce, tomato, fresh mozzarella, basil

PROSCIUTTO | 14  
fig jam, gruyere, mozzarella, truffle oil, arugula

SAKSY | 14  
grilled chicken, honey mustard cranberry vinaigrette,  
bacon, red onion, spinach, gorgonzola

SEASONAL FLATBREAD | MP

## GARDEN

B.Y.O.S. | 10  
build your own salad, bruschetta

SW SALAD | 15  
mesclun greens, avocado, roasted corn,  
tomato, cheddar, tortilla strips, cilantro mint ranch dressing

G-SALAD | 15 <sup>GF</sup>  
mesclun greens, dried cranberries, gorgonzola,  
granny smith apple, candied walnuts, honey mustard cranberry vinaigrette

ARUGULA | 15 <sup>GF</sup>  
baby arugula, feta, quinoa, garbanzo beans, red onion, roasted beets,  
toasted almonds, citrus vinaigrette

CAESAR SALAD\* | 15  
romaine, fresh mozzarella, parmesan, croutons, caesar dressing

----- KALE & QUINOA BOWL | 15 -----  
{hot or cold}

TERIYAKI  
broccoli, carrots,  
roasted red pepper,  
scallion, crisp noodles,  
sesame ginger

VEGETABLE <sup>GF</sup>  
portobello, zucchini,  
tomato, asparagus,  
goat cheese,  
balsamic vinaigrette

SEASONAL <sup>GF</sup>  
roasted root vegetables,  
pomegranate, candied  
walnuts, gorgonzola,  
citrus vinaigrette

----- // proteins \-----

chicken {\$6} | tuna salad {\$6} | chicken salad {\$6} | albacore tuna {\$6} | chicken fingers {\$6}  
turkey {\$6} | beef burger\* {\$8} | black bean & farro burger {\$8} | salmon {\$10} | shrimp {\$10}  
steak\* {\$10} | lobster salad {\$12} | grilled veggies {\$6} | cajun, bbq or buffalo {\$1}

## SUGGESTIONS

CAFE MAC & CHEESE | 14  
cheese, bacon, breadcrumbs, salad or fries  
// mac & cheese extras //  
broccoli {+\$2} | chicken {+\$4} | lobster {+\$10}

STEAK HOUSE QUESADILLA\* | 18  
marinated steak, sautéed peppers, onions, mushrooms, cheddar, sour cream, salad or fries

FISH TACOS | 18  
guinness battered cod, hoisin, asian slaw, pico de gallo, avocado, corn tortilla, salad or fries

LOBSTER ROLL | 21  
{hot} chunks of buttered lobster, toasted roll, purple slaw,  
lettuce, tomato, avocado, salad or fries  
{cold} chopped lobster, mayo, onion, shallots, celery, seasoning,  
avocado, lettuce, tomato, toasted roll, purple slaw, salad or fries

CHICKEN PAILLARD | 24 <sup>GF</sup>  
kale, quinoa, beets, pomegranate, feta, avocado, citrus vinaigrette

GLAZED SALMON\* | 28  
hoisin, pan seared, brussels sprouts, roasted beets

## HANDHELD

served with salad or g-cut fries  
sweet potato fries {\$2}

GRILLED CHEESE | 13  
american, cheddar, swiss, tomato,  
crispy bacon, sourdough

CHICKEN SALAD SANDWICH | 14  
oven roasted chicken salad, roasted red pepper  
mayo, lettuce, tomato, multi-grain toast

TUNA SALAD SANDWICH | 14  
tuna fish salad, sliced hard boiled egg,  
lettuce, tomato, multi grain toast

TURKEY SANDWICH | 14  
sliced turkey breast, bacon, swiss, lettuce, tomato,  
sliced apple, honey mustard cranberry vinaigrette,  
walnut cranberry bread

BUFFALO CHICKEN WRAP | 14  
crispy chicken, "red hot", spinach, tomato, gorgonzola,  
creamy blue cheese dressing, pressed wrap

LADIES DEPARTMENT WRAP\* | 14  
grilled chicken, romaine lettuce,  
fresh mozzarella, parmesan, caesar dressing

SEASONAL VEGETABLE WRAP | 14  
roasted root vegetables, spinach, mandarin oranges,  
almonds, goat cheese, aged balsamic,  
whole wheat pressed wrap

CHICKEN BLT&C | 15  
grilled chicken, bacon, lettuce, tomato, cheddar,  
avocado, honey mayo, toasted brioche bun

GRILLED CHICKEN PRESS | 15  
grilled chicken, bacon, mesclun greens,  
dried cranberries, swiss, honey mustard  
cranberry vinaigrette, sourdough

SESAME GINGER SHRIMP WRAP | 16  
grilled shrimp, broccoli, mushroom,  
roasted red pepper, spinach, goat cheese,  
sesame ginger dressing, whole wheat pressed wrap

BLACK BEAN, CORN & FARRO BURGER | 16  
cilantro, swiss, purple slaw, lettuce, tomato,  
toasted brioche bun

GASTRO BURGER\* | 18  
bacon jam, cheddar, onion rings, mac & cheese, bbq,  
toasted brioche bun

SOURDOUGH REUBEN | 18  
corned beef, swiss, purple slaw, pickles,  
mustard, thousand island, sourdough toast

----- // breads \-----

multi-grain, walnut cranberry raisin, pita, country white,  
sourdough, whole wheat or regular wrap, brioche bun  
gluten free roll {\$2}

\*Consuming raw or undercooked meats, fish, shellfish or fresh shelled eggs  
may increase your risk of food-borne illness, especially if you  
have certain medical conditions. These menu items can be cooked to order.

# G-PLATE DINNER SPECIALS

SUNDAY  
\$24 Gastro  
Complete Dinner

MONDAY  
\$20  
Burger & Beer

TUESDAY  
Cirella's  
Signature Veal Chop

WEDNESDAY  
B.Y.O.W.  
Bring Your Own Wine

THURSDAY  
Happy Hour All Day  
@ the Bar #tbt