



49 WEST LUNCH

STARTERS

- Cheese & Pâté du jour 18**
International cheeses, Pâté, apples, grapes, crackers, baguette, whole grain mustard, assorted olives.
- Mac & Cheese 9**
with bacon 11.50 with asparagus 12.50
with kimchi 12 with crab 13
- Warmed Brie 13**
With apples, grapes, crackers, baguette, crackers, almond, whole grain mustard.
- Loaded Tater Tots Small 6.50 Large 9**
Bacon, melted cheese, scallion & sour cream
- With Crab Dip 11.50 Large 14**
- Hummus 11**
House made, pita slices, celery and carrot sticks, olive oil.
- Crab Balls 12**
Made to order
- Korean Sesame Tuna 13**
Sushi grade Ahi Tuna, medium rare, drizzled with Korean BBQ sauce over mixed greens.
- Crab Dip 13**
- Chips & Pico de Gallo 7**
- Bruschetta with a Kick 9**
Olive oil brushed over baguette slices, house pico de gallo & shredded parmesan.
- Garden Soirée 8**
Carrots, broccoli, celery, peppers, cucumbers, ranch dressing.

SANDWICHES/SOUPS

- All sandwiches come with choice of red potato salad, green salad or celery root salad.
Sub Fruit 3.00, Sub Caesar 1.50, Sub Udi's GF bread 2.00
- Brian's Steak & Cheese 13**
With sautéed mushrooms, onions, melted provolone on a baguette.
- Veggie Haven 12**
Shredded carrots, peppers, lettuce, tomato, onion, avocado, swiss cheese, hummus on toasted pita & rosemary garlic dressing.
- Curried Chicken Salad Sammie 14**
Our signature chicken salad on croissant.
- Albacore Tuna Melt 12**
Albacore & light tuna blended with herbed mayo, melted cheddar on wheat toast.
- Grilled Cheese 8.50**
with spinach 9.50
with tomato 9.50
with bacon 10.50
- Crabcake Market price**
Jumbo lump crabcake served on brioche bun.
- BLT 9**
A classic on wheat toast and herbal mayo.
- Corned Beef Reuben 11**
With sauerkraut, melted swiss, reuben sauce on marble rye bread.
- Turkey Gouda 12**
Lean turkey breast with smoked gouda, grain mustard on sun-dried tomato foccacia.

- Pesto Tuna Burger 15**
Medium cooked sushi grade tuna, pesto sauce, melted dill Havarti on a brioche bun.
- Beyond Burger 13**
Plant based burger on a brioche bun, lettuce, tomato, onion. Add plant based cheese for 2.00.
- Vegan Protein Wrap 13**
Morning Star Farms chorizo sausage, plant based cheese, lettuce, tomato, onion, tortilla wrap, lemon garlic dressing.
- Spicy Korean Chicken Lettuce Wraps 14**
Crisp romaine, green onion, marinated spicy gochujang chicken, cucumbers & savory bean paste sauce.
- 1/2 Sandwich & Soup 13**
1/2 select sandwiches and bowl of soup.
Options:
Grilled cheese
Veggie Haven
Albacore Tuna Melt
Turkey Gouda
BLT
Curried chicken salad

Soup DUJOUR prices range from 7-10.00
Please ask your server for todays selections.

QUICHE

- With side green salad. With Fruit 3.00, Caesar 1.50**
- Bacon, Mushroom & Swiss 13**
- Broccoli Cheddar 13**

• **HAPPY HOUR STARTERS 25% OFF 4-7PM**
MONDAY -FRIDAY WINE, BEER & COCKTAILS •

All Prices are subject to change.
A 20% gratuity may be added for parties of 5 or more.

Consuming raw or under cooked meats, poultry, seafood or eggs may increase your risk of food borne illness.

Menu items can be prepared to accommodate dietary needs or allergies.

SALADS

- 49 West Salad 12**
Mixed greens, almonds, blueberries, green apple, cucumbers, tomato, red onion and gorgonzola cheese.
- B.E.L.T Salad 12**
Bacon, crisp romaine, tomato, baby spinach, feta cheese & hard boiled egg.
- Spinach & Goat Cheese 13**
Baby spinach, almonds, strawberries, red onion, goat cheese.
- Arugula Salad 13**
Arugula, parmesan, croutons, artichoke & roasted red peppers.
- 49 West Curried Chicken Salad 13**
Marinated chicken breast in a mild curry mango chutney dressing, raisins, peas, peppers, apple slices & crackers.
- Smoked Salmon Salad 14**
Smoked salmon, mushrooms, peppers, bacon, capers, red onions, cucumbers and hard boiled egg over mixed greens.
- Crab Salade Niçoise 15**
Marinated crab meat in a light mayo sauce, onion, & spices over mixed greens, boiled potato & hard boiled egg.
- Classic Caesar 10**

DRESSINGS:

Vinaigrettes: Lemon garlic, Balsamic, Rosemary-garlic
Creamy: Ranch, Blue cheese, Caesar
PROTEIN ADDS: Chicken 4, Spicy Gochujang chicken 4, Chipotle shrimp 5.50, Ahi Tuna or Salmon Filet 7

BOWLS

- Sarah's All Day Bowl 13**
Steamed rice mixed with a touch of sesame oil & soy sauce, steamed broccoli, sliced avocado choice of pan-fried tofu or 2 poached eggs, topped with green onion and sesame seeds.
- Chicken Quinoa 13**
With tomato, avocado, green onion & cilantro.
- Veggie Quinoa 11**
With broccoli, peppers, mushroom, roasted corn, green onion & olives.

LATER FARE AVAILABLE AT 5PM

- Ginger Soy Glazed Salmon Filet 23**
Seared salmon filet, sesame/ginger glaze, with rice & seasonal vegetable.
- Bulgogi 20**
Marinated sliced beef with a Korean BBQ sauce, rice, kimchi & seasonal vegetables.
- Bibim Bap 18**
In Korean, Bibimbap simply translates to mixed rice with meat and assorted vegetables. Hearty rice bowl with bulgogi, marinated veggies & topped with a fried egg, spicy gochujang sauce and side kimchi.
Can substitute shrimp \$3 or pan-fried tofu.

Crabcakes Market Price

Seasoned broiled crab cakes, rice and seasonal vegetables.

Tacos

2 soft corn flour tacos with a citrus/cilantro red cabbage slaw & chips and pico de gallo.

- Bulgogi 10**
- Chipotle Shrimp 11**
- Fried Rockfish 15**
- Chorizo 10**

FLATBREADS

Substitute Vegan Cheese \$3.00

- Chorizo 13**
Mozzarella, mushroom, red onion, olive oil & garlic.
- Garden Veg 11**
Broccoli, mushroom, peppers, green onion, mozzarella, olive oil & garlic.
- Margherita 11**
Mozzarella, red sauce & basil.
- Rustic 13**
Bacon, asparagus, mushroom, mozzarella, parmesan, garlic butter sauce.
- Bulgogi Pizza 14**
Marinated Korean bbq sliced beef, garlic butter sauce, mozzarella, & kimchi.
- Cheese 10**
Mozzarella & red sauce.

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COFFEES/ TEAS

Coffee (bottomless) 3.75



We proudly serve RISE UP COFFEE ROASTERS and are a full service v espresso bar.

All coffees are available iced, decaf and with a flavor.

- Almond Milk or Soy milk .50**
- Double Espresso 3**
- Cappuccino 3.75**
- Café Latte 3.75**
- Chai Latte 3.75**
- Tea 3.50**
- Café Mocha 4.25**
- Café Au lait 3.50**
- Green Tea Matcha 3.75**
- Cacao Tea 4.50**

Loose teas in individual steeper.

Types of Teas

<u>Caffeinated</u>		<u>Decaffeinated</u>
Earl Grey	Gunpowder Green	Chamomile
Raspberry	English Breakfast	Hibiscus
Jasmine	Irish Breakfast	Spearmint
Ceylon	Darjeeling	Peppermint
Oolong	Russian Caravan	Decaf Ceylon
Black Current	Yerba Mate	Decaf Apricot

BEVERAGES

- House Lemonade 3.50**
- Maine Root Root beer 3.50**
- Reeds Extra Ginger Beer 3.50**
- Brewed Iced Tea or Spiced 3.95**
- Boylans Black Cherry Soda 3.50**
- Perrier Sparkling Water 2.25**
- Freshly squeezed OJ 3.85**
- Soda 2.95**
Coke, Diet, Sprite, Ginger ale
- Italian Soda or 3.25**
- Phosphate (with half/half & whipped cream)**
Flavored soda with Monin flavored syrup. Caffeine free.
- Syrups:** Vanilla, Almond, Raspberry, Mint, Caramel, Peach, Blackberry
Seasonal Additions
- Sugar Free:** Vanilla