

MOUNTAIN SPIRITS TAVERN

STARTERS

BACON CHEDDAR SLIDERS \$9.95

Beef pattie topped with bacon and cheddar.

BRUSCHETTA \$7.95

Topped with a sun-dried tomato pesto and roasted vegetables finished with parmesan cheese.

CRAB CAKES \$9.95

House made crab cakes pan-seared served atop a bed of mixed greens and finished with a Cajun aioli.

NACHOS \$9.95

Crunchy tortilla chips topped with a cheddar mozzarella cheese blend with bbq pulled pork, diced tomatoes, red onion, sweet corn, and jalapenos.

SOUP & SALAD BAR \$8.95

Cup of soup du jour \$3.95 Bowl \$5.95

SALADS

CAESAR \$7.95

Romaine lettuce tossed in a creamy Caesar dressing and topped with anchovies, croutons, and grated parmesan cheese. Add chicken \$4

ASIAN SALAD \$8.95

Fresh red cabbage, crunchy romaine lettuce, toasted almonds and garden-fresh carrots, red onions, sweet peppers tossed together and dressed with a sesame ginger soy vinaigrette. Finished with wonton crisps. Add chicken \$4

SANDWICHES

STEAK AND CHEESE WRAP \$9.95

Shaved steak sautéed with onion, sweet peppers, and mushrooms. Finished with cheddar cheese in a garlic herb tortilla.

CHICKEN PARMESAN \$8.95

Baked chicken breast topped with tomato basil sauce, mozzarella, and parmesan cheese. Served on a roll with crunchy potato chips.

MEATLOAF \$9.95

Hot house-made meatloaf served over toasted garlic bread and topped with gravy. Served with a side of mashed potatoes.

MEATBALL SUB \$9.95

Meatballs bathed in our own tomato basil sauce. Served in a toasted roll with potato chips.

SHRIMP TACO \$11.95

Beer-battered shrimp baked and tossed in our own cider chipotle bbq sauce topped with a honey cumin slaw, chipotle aioli, and finished with cilantro.

PULLED PORK \$10.95

On a Kaiser roll topped with our own cider chipotle BBQ sauce and honey cumin slaw with potato chips.

ENTRÉES

WILD MUSHROOM

RISOTTO \$14.95

Sautéed red onion, scallion, and mushrooms tossed in a cream sauce with risotto.

MEATLOAF \$15.95

Our own hot house-made meatloaf served with garlic mashed potatoes, sweet corn, and topped with gravy.

BBQ BEEF BRISKET \$17.95

Corned beef brisket dry rubbed and slow braised in our own chipotle cider bbq sauce. Served over white rice with sweetcorn.

SHRIMP CREOLE \$18.95

Sautéed native shrimp with scallions, celery, and sweet pepper tossed in a spicy tomato sauce served over white rice.

ROASTED LAMB CHOPS \$17.95

Herb roasted served atop a mint demi with garlic mashed and broccoli

GENERAL TSO'S CHICKEN \$16.95

Beer battered chicken tossed in a spicy soy based

Sauce with carrots and scallions. Served over white rice.

ADD SALAD BAR TO YOUR MEAL \$4.95

PASTA DISHES

CHICKEN PARMESAN \$14.95

Baked breaded chicken breast topped with parmesan and mozzarella cheese. Served over penne tossed in house made tomato sauce.

SPINACH AND MUSHROOMS

\$13.95

Sautéed and tossed with penne in a roasted garlic cream sauce.

SPAGHETTI AND MEATBALLS

\$14.95

Tossed in our house made tomato sauce.

CHICKEN MARASALA \$15.95

Roasted chicken breast with sautéed red onions and mushrooms tossed in a marasala cream sauce with penne.

SPICY ALFREDO \$15.95

Roasted chicken breast and broccoli tossed with penne in a spicy Alfredo sauce.

SEAFOOD ALFREDO \$18.95

Native shrimp, bay scallops, diced plum tomatoes, and scallions in a creamy parmesan sauce tossed with penne pasta.

VEAL PICCATA \$19.95

Sautéed veal with capers and lemon in a white wine sauce. Served over linguine.