

STARTERS

ASIAN NACHOS

Fried wonton strips smothered with melted cheese and ginger garlic cream sauce. Topped with tenderloin steak or chicken. 10.75/14.95

ABBEY NACHOS

Tortilla chips topped with black beans, cheese, tomato, guacamole, salsa and sour cream. Topped with chicken, beef, or al pastor. 10.75/14.95

DRUMMETS

Tossed in your choice of sauce: medium or spicy buffalo or teriyaki BBQ. 10.75/14.95

AHI POKE ME

Sushi grade ahi tossed with onion, cilantro, avocado, and teriyaki sauce. Served on a bed of mixed greens, and a side of wonton chips. Topped with snow peas and garlic cream sauce. 15.50

GRILLED CHEESE AND TOMATO BASIL SOUP

Two slice of thick-cut sharp cheddar melted between two slices of grilled sourdough bread and served with a cup of tomato basil soup. 12.00

GARLIC PIZZA BREAD

Rubbed with olive oil, roasted garlic, mozzarella, and jack. Served with a side of marinara. 9.00/12.75

ABBEY TENDERS

Four all white meat chicken tenders served with French fries and ranch dressing 12.00

CHIPS AND SALSA 6.75 (Add guacamole for 2.50)

Z’s STREET TACOS

(3) Pork al pastor marinated and cooked with pineapple and spices. Topped with onions and cilantro. Served with avocado salsa and tomatillo sauce. 9.50

KIDS MENU

CHICKEN STRIPS Served with choice of side. 8

SLIDER (CHEESE OR PLAIN) Served with choice of side. 8

GRILLED CHEESE Served with choice of side. 8

ELBOW PASTA Your choice of butter, marinara, or pesto sauce. Topped with parmesan cheese. 8

CHEESE PIZZA 9 inch five cheese pizza. 8

SANDWICHES

FRIED CHICKEN SANDWICH

Buttermilk fried chicken breast topped with coleslaw, house-made pickles, and sriracha aioli. 14.50

BLACK AND BLUE SALMON BLT

Blackened salmon topped with blue cheese, bacon, mixed greens, tomato, and Dijon mustard. Served open faced on grilled sourdough. 15.75

CHICKEN CAPRESE SANDWICH

Grilled chicken breast topped with fresh mozzarella, basil, roma tomato, herb mayo, and pesto on focaccia bread. 14.50

TURKEY & CHEESE SANDWICH

Roasted beer-marinated turkey breast piled high and topped with cheddar. Served with lettuce, tomato, onion and herb mayo on a French roll or grilled sourdough. 13.95

OPEN FACED VEGGIE SANDWICH

Fresh black bean patty served open faced on grilled sourdough with herb mayo on a bed of spinach and roma tomatoes. Topped with avocado. 14.50

All Sandwiches served with choice of side.

SALADS

MAKE ANY SALAD A WRAP! NO HALF-WRAPS

BUFFALO RANCH

Crispy chicken served with mixed greens, crumbled blue cheese, jack, mozzarella, onion, carrots, and tomato. Tossed in buffalo ranch dressing. 10.75/14.45

GRILLED STEAK SALAD

Grilled hanger steak, chopped romaine and mixed greens, onion, tomato, carrots and radish. Tossed with red wine vinaigrette, topped with chimichurri. 12.50 / 18.00

COBB

Chopped romaine and iceberg lettuce topped with crumbled blue cheese, crispy bacon, hard boiled egg, tomatoes, scallions, and blue cheese dressing 10.95/14.75

HERB ARTICHOKE CAPRESE

Baby spinach, herb marinated artichokes, fresh roma tomatoes, parmesan, and fresh basil. Topped with balsamic vinaigrette dressing, buffalo mozzarella, balsamic reduction and a walnut pesto. 10.75/14.45

SOUTHWEST BBQ CHICKEN

Romaine lettuce, roma tomatoes, black beans, sweet corn, onion, BBQ ranch dressing. Topped with tortilla chips, avocado, avocado salsa & grilled chicken. 11.50/15.75

SPINACH & BLACK BEAN

Spinach tossed in balsamic vinaigrette and topped with mushrooms, bell peppers, feta cheese, cilantro, and walnuts. Served on a bed of warm black beans and cheese. 10.75/14.45

CAESAR

Grilled romaine lettuce topped with Caesar dressing and parmesan. 7.50/10.75 (Add chicken for 6.25, shrimp for 7.25, salmon for 9.25)

GREENHOUSE GARDEN

Mixed greens topped with carrots, tomato, jack, mozzarella, and onion. Choose ranch, blue cheese, buffalo ranch, or balsamic vinaigrette. 5.50/7.95

WEDGE

One-quartered head of iceberg lettuce topped with bacon, crumbled blue cheese, onion, tomato, cilantro, and blue cheese dressing. 7.50/10.95

SOUPS

TOMATO BASIL 6.00/ 8.00

TURKEY CHILI 6.00/ 8.00