

## STARTERS

### ASIAN NACHOS

Fried wonton strips smothered with melted cheese and ginger garlic cream sauce. Topped with tenderloin steak or chicken. 11.50/15.95

### POKE NACHOS

Sushi grade ahi tuna piled on top of wonton chips with diced cucumber, avocado, red onion and sesame seeds. Finished with sriracha aioli drizzle. \$16.50

### ABBAY NACHOS

Tortilla chips topped with black beans, cheese, tomato, guacamole, salsa and sour cream. Topped with chicken, beef, or al pastor. 11.50/15.95

### GRILLED ARTICHOKE

1 large grilled artichoke cut in half and served with an orange tarragon aioli, and lemon wedges. 15.95

### DRUMMETS

Tossed in your choice of sauce: medium or spicy buffalo or teriyaki BBQ. 11.50/15.95

### 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. 13.50

### GARLIC PIZZA BREAD

Rubbed with olive oil, roasted garlic, mozzarella, and jack. Served with a side of marinara. 9.50/13.50

### ABBAY TENDERS

Four all white meat chicken tenders served with French fries and ranch dressing 12.50

### CHIPS AND SALSA 7.00 (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. 11.00

### BAJA FISH TACOS

(3) Fried cod fish tacos topped with pico de gallo, sriracha aioli and avocado salsa. . 12.00

## SALADS

### BUFFALO RANCH

Crispy chicken served with mixed greens, crumbled blue cheese, jack, mozzarella, onion, carrots, and tomato. Tossed in buffalo ranch dressing. 11.50/15.50

### GRILLED STEAK SALAD

Grilled hanger steak, chopped romaine and mixed greens, onion, tomato, carrots and radish. Tossed with red wine vinaigrette, topped with chimichurri. 13.50/ 18.50

### COBB

Chopped romaine and iceberg lettuce topped with crumbled blue cheese, crispy bacon, hard boiled egg, tomatoes, scallions, and blue cheese dressing 11.50/15.50

### 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. 11.50/15.50

### SOUTHWEST BBQ CHICKEN

Romaine lettuce, roma tomatoes, black beans, sweet corn, onion, BBQ ranch dressing. Topped with tortilla chips, avocado, avocado salsa & grilled chicken. 11.75/15.75

## 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. 14.75

### BLACK AND BLUE SALMON BLT

Blackened salmon topped with blue cheese, bacon, mixed greens, tomato, and Dijon mustard. Served open faced on grilled sourdough. 16.50

### CHICKEN CAPRESE SANDWICH

Grilled chicken breast topped with fresh mozzarella, basil, roma tomato, herb mayo, and pesto on focaccia bread. 15.25

### TURKEY & CHEESE SANDWICH

Roasted beer-marinated turkey breast piled high and topped with cheddar. Served with lettuce, tomato, onion and herb mayo on grilled sourdough. 14.50

### 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. 14.75

**All Sandwiches served with French Fries.  
Upgrade to Sweet Potato Fries or Onion Rings  
for \$2.00**

## MAKE ANY SALAD A WRAP! NO HALF-WRAPS

### 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. 11.50/15.50

### CAESAR

Grilled romaine lettuce topped with Caesar dressing and parmesan. 8.00/11.50 (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. 6.00/9.00

### WEDGE

One-quartered head of iceberg lettuce topped with bacon, crumbled blue cheese, onion, tomato, cilantro, and blue cheese dressing. 8.00/11.50

### AHI SUMMER SALAD

Seared sesame ahi tuna on top of a bed of mixed greens. Topped with carrot, cucumber, red onion, and radish in sesame ginger dressing. Finished with avocado and sriracha aioli. \$14.50 / \$19.00

## SOUPS

**TOMATO BASIL or TURKEY CHILI** Cup 8.00