Sagewood

Lunch Menu

Starters

Soup du Jour

Chicken Noodle Soup
House made Low Sodium

Caesar Salad

Weekly Salad Featured

Please inquire with server

Watermelon grape salad

Chopped romaine, green leaf, red grapes, watermelon, cucumber, mint, basil, citrus and olive oil

Entrée Caesar * — 8/14

Choice of Grilled Chicken, Scottish Salmon, or Filet Mignon presented with Romaine Lettuce, Parmesan, Croutons, Grape Tomatoes, Tossed with Caesar Dressing, Anchovies available upon request

Kale and almond Salad — 14

Chicken breast, baby kale mix, marcona almonds, manchego cheese, orange segments, lemon juice, and olive oil

Taco Salad — 10

Choice of beef or chicken, beans, lettuce, tomato, green onions,

Featured salad of the week — 8/14

Please ask server

Add Grilled Chicken Breast or steelhead filet

Burgers

Fried egg burger — 11

Bacon, cheddar, grilled onions, grilled tomato with over easy egg on the top

Angus Burger * — 10

choice of bacon, cheddar, Swiss, American, mushrooms, grilled onions and served with lettuce, and Sliced tomato (available as turkey or veggie burger)

Entrée Sandwiches

Corned Beef Reuben 9
Corned beef, Swiss cheese, sauerkraut, 1000 island on rye bread

Blackened chicken sandwich, 10
Jalapeno Havarti, grilled tomato, remoulade, ciabatta roll

Sourdough tuna melt
Tuna salad, American cheese, sourdough bread 9

BLT
Double stack of bacon, lettuce, and tomato with mayonnaise on choice of bread 9

Cuban sandwich 10
Hoagie roll, sliced ham, Swiss cheese, dijonnaise, chopped pickles

Lunch Entrée

BBQ Chicken Quesadilla 9
Chicken Breast, BBQ cheese, cheddar smoky ranch dip

Omelet* GF/HC 9
Choice of cheese, ham, tomatoes, peppers, onions, spinach, bacon, and mushrooms served with sliced tomatoes

Herb Roasted Chicken GF/HC 10
Choice of white or dark meat

Filet Mignon* GF/HC 15
Grilled 5oz petit filet

Grilled steelhead filet* GF/HC /SC 13
Grilled Scottish salmon grilled lemon and fresh herbs

Sides

Sautéed Spinach GF/HC /SC
Vegetable of the day- GF/HC /SC
Sweet Potato Fries GF
Sautéed artichokes and peas GF/HC
Baked Sweet Potato GF/HC
Potato Chips
French Fries GF
Baked Potato GF

*Consuming raw or undercooked meat, poultry, seafood, or shellfish may increase your risk of food-borne illness.

Gluten Free-GF
Healthy Choice– HC
Spa Cuisine– SC