

Lunch Menu

Executive Chef Jonathan Martinez

Soups

Soup Du Jour

Enjoy From Our Selection Of Freshly Made Soup

Cup \$4/ Bowl \$6

Gazpacho

Add Dungeness Crab \$3

Garnished With Avocado

Cup \$4/ Bowl \$7

Salads

Add: Chicken \$5/ Salmon \$8/ Shrimp \$9

Classic Caesar Salad

Romaine Hearts, Parmesan Cheese

Homemade Focaccia Croutons, Parmesan Tuile

Caesar Dressing

Full \$10/ Petite \$6

*Tuna Nicoise Salad

Pewee Potatoes, Hard Boiled Eggs, French Green Beans

Olives, Tomatoes, Champagne Vinaigrette

Full \$15/ Petite \$10

MTC Asian Salad

Chicken Breast, Iceberg Lettuce, Sesame Seeds Wontons,

Toasted Almonds, Mandarin Segments

Asian Dressing

Full \$14 / \$9

*Couscous and Pomegranate Salad

Shaved Parmigiano Reggiano, Fresh Pomegranate Seeds

Dried Cranberries, Parsley Leafs with Lemon Vinaigrette

Full \$13/ Petite \$8

*South Western Shrimp Salad

Romaine Lettuce, Black Beans, Roasted Corn, Jicama

Queso Fresco, Avocado & Cilantro Ranch Dressing

Full \$16/ Petite \$11

Chicken Milanese

Mixed Greens, Papaya, Avocado, Celery

Strawberries, Glazed Pecans

Honey Mustard Dressing

Full \$15/ Petite \$10

♥ Cobb Salad

Iceberg Lettuce, Turkey, Ham, Bacon, Grated Egg

Bleu Cheese, Avocado, Tomato

Choice of Dressing

Full \$15/ Petite \$10

♥ Mulholland Chopped Salad

Chicken Breast, Salami, Iceberg Lettuce

Mozzarella, Garbanzo Beans, Roasted Bell Peppers

Cherry Tomatoes & White Balsamic Vinaigrette

Finely Chopped

Full \$13/ Petite \$8

We Use Mary's Free-Range Organic Chicken

** Denotes New Menu Item*

♥ Denotes Healthy Option

Sandwiches & Burgers

***Deli Sandwiches Available**

*Sandwiches & Burgers Come With Choice Of:
French Fries, Steak Fries, Curly Fries, Fresh Fruit
Sweet Potato Fries, Chips, Coleslaw, Or Cottage Cheese*

MTC Club

Toasted Whole Wheat Bread, Deli Ham, Turkey

Crisp Bacon, Lettuce, Tomato, Mayo

\$12

Veggie Burger

Veggie Patty, Lettuce, Tomato, Onion, Pickle Spear

Tomato Basil Chutney

\$12

Sirloin Burger

Turkey Burger

House Ground Beef Patty Or Ground Turkey Patty

Lettuce, Tomato, Onion, Pickle Spear

\$11

*Roast Beef Sandwich

Whole Grain Mustard, Caramelized, Onions

White Sharp Cheddar

\$13

*Cuban Sandwich

Sliced Ham, Roasted Pork Lion, Swiss Cheese

Pickles, Yellow Mustard & Mayo

\$11

*Old Fashion Turkey Delight

Home Baked Turkey, Bacon, Swiss Cheese, Sliced Avocado

\$14

Entrées

* Blackened Fish Tacos

Mahi Mahi Fish Wrap in Corn Tortillas with

Mango Relish, Sour Cream, Black Beans

Spanish Rice

\$14

*Mexican Chicken Tostada

Grilled Chicken, Spanish Rice, Black Beans

Shredded Lettuce, Pico De Gallo, Guacamole

Sour Cream & Cilantro Ranch

\$13

Southwest Quesadilla

Add: Chicken \$4/ Shrimp \$6

Mixed Cheese, Guacamole, Sour Cream, Salsa

\$10

*Beef or Chicken Fajitas

Thinly Sliced Beef or Chicken with Onions

Bell Peppers, Tomatoes, Fresh Cilantro

Corn or Flour Tortillas

Choice of Rice or Beans

\$17

Ahi Tuna Tacos ♥

Wrapped in Bibb Lettuce, Asian Slaw, Micro Greens

Sweet Chili Sauce

Calories 220 Protein 13.5g

\$14

Asian Stir-Fry ♥

Chicken Breast, Oriental Vegetable Medley

Steamed White Rice or Brown Rice, Scallions

Sesame Ginger Sauce

Calories 256 Protein 31g

Full \$12/ Petite \$8

Additional Options

For Your Burgers, Salads & Sandwiches

Split Fee For All Non-Petite Items \$2

Tomatoes .50

Onions .50

Relish .50

Green/Red Peppers .50

Sour Cream .50

Cucumbers .50

Almonds .50

Walnuts .50

Salsa .50

Pico De Gallo .50

Guacamole \$1

Avocado \$1

Bacon \$1

Cheese \$1

Sautéed Mushrooms \$1

Sautéed Onions \$1

Fried/Hard Boiled Eggs \$1

