



## Winning Beginnings

### Pepper Dusted Chicken Tenders

Select chicken tenders fried to a golden brown, served with ranch dressing.  
Buffalo or BBQ sauce served on the side. 7  
Add Fries 1.5

### Quesadilla

Fresh grilled tortilla loaded with shredded cheese, green chilies, diced tomatoes and grilled onions. Served with salsa. 7  
Add Chicken 2  
Sour Cream available on request

### Homemade Soups

*Always Homemade and Always Delicious*

Soup du Jour  
Hearty Beef Chili  
Cup 4 Bowl 5.5

## Mountain Shadows Combo – 9.5

### Choose 1 Starter

House Salad, Caesar Salad or a cup of soup/chili

### Choose 1 Main Course

Fresh herb marinated chicken breast or sliced flank steak with a mushroom demi-glaze sauce

### Choose 1 Side

Roasted vegetables du jour, baked potato, baked yam, pasta salad or sliced tomatoes with cottage cheese

**For the salad lovers, skip the starter and side and have a large salad with the main course served on top**

## Seasonal Salads

Add chicken for 2 or steak for 3

### Fresh Gazpacho

Cannellini, lima and black beans, julienne red and yellow bell peppers, diced tomato, avocado, celery, onion, cilantro and peaches, tossed in a lime vinaigrette served on a bed of bibb lettuce. 8.5

### Antipasto Salad

Marinated artichoke hearts, mushrooms, olives, pepperoncini rings and roasted bell peppers accompany Italian cold cuts and fresh mozzarella served on a bed of greens and finished with balsamic vinaigrette. 10.5

## Sandwiches and Dogs

All sandwiches and dogs are served with your choice of waffle fries, housemade coleslaw, marinated pasta salad or fresh fruit

### Sinatra Dog

We start with a quarter pound all beef hot dog, grilled to perfection, served in a warm bun and finished with a buffet of toppings. 7.5

### Trading Post Burger

Our ½ pound prime burger charbroiled and served with lettuce, tomato slice, red onion and pickle chips. Choice of American, Colby Jack or Swiss Cheese. 9

### Hot/Cold Albacore Tuna Sandwich

Fresh made with celery, mayonnaise and grated hard boiled eggs. Served on healthy wheat bread or have it grilled on marble rye with melted Swiss. 9

### The Hearty Trio

A half turkey sandwich served on wheat bread with your choice of a cup of homemade soup/chili or fresh fruit. 8

### The Chipotle Chicken Sandwich

Marinated charbroiled chicken breast topped with melted jack cheese, avocado and finished with a chipotle mayonnaise on a bun. 10