

# Kinda-Sorta Healthy-ish

We offer your choice of dressings:

Balsamic Vinaigrette, Fat-Free Italian, Fat-Free Ranch, French, Honey Mustard, Oil & Vinegar

**Tavern-Made:** Ranch, Sun-Dried Tomato Ranch, 1000 Island and Spranch

**Tavern-Made Bleu Cheese - \$1.00 extra    Extra dressing - .75¢    Add avocado - \$1.99**

**Bleu Cheese Crumbles - \$1.99**

## BBQ Chicken Salad

Mixed greens topped with grilled BBQ chicken, **Tavern-made** black bean corn salsa, tortilla strips, red onions & mixed cheeses. \$14.99

## Black and Bleu Salad

Blackened sliced sirloin, cooked med-rare, resting on mixed greens with tomatoes and red onions.

Topped with fresh bleu cheese crumbles. \$15.99

## Caesar Salad

Romaine, parmesan & croutons, Caesar dressing on the side. Sorry...toga not included! \$10.99

**Add grilled chicken for \$4.00**

**Add grilled Cajun fish for \$5.00**

## Chef's Salad

Mixed greens with ham, turkey, bacon, egg, tomatoes, croutons and mixed cheeses. \$13.99

## Chicken Salad

Mixed greens, topped with breaded or grilled chicken, tomato, onion, egg, bacon and mixed cheeses. Try it Buffalo or Cajun style! \$14.99

## Grand Park Salad

Mixed greens, tomato, avocado, bleu cheese crumbles, bacon, egg and grilled chicken. \$15.99

## Santa Fe Chicken Salad

Seasoned grilled chicken on a bed of mixed greens topped with **Tavern-made** black bean corn salsa, mixed cheeses and tortilla strips.

\$13.99

Add grilled onions, green peppers and mushrooms for \$2.50 more.

## Spring Mill Salad

Mixed greens, eggs, bacon, tomato, onions, croutons and mixed cheeses. \$9.99

## The Wedgie

A crisp wedge salad topped with bacon, red onions & diced tomatoes. Served with

**Tavern-made** Bleu Cheese dressing & bleu cheese crumbles. \$10.99

**Add Buffalo Chicken - \$4.00    Add Steak - \$5.00**

# The Mill's Catch

## Bayou Wrap

Lightly breaded or grilled shrimp tossed in **Tavern-made** sweet & spicy sauce, wrapped in a cheddar jalapeño tortilla with **Tavern-made** black bean corn salsa, lettuce and mixed cheeses. \$14.99

## Black Cat Wrap

Blackened Basa filet, lettuce, avocado, **Tavern-made** black bean corn salsa and cool **Tavern-made** Ranch dressing.

\$12.99

## Fish & Chips

Our hand-breaded Basa served with Tavern fries and **Tavern-made** slaw & tarter sauce. \$12.50

## Fish Sandwich

A fresh Basa filet hand-breaded and gently fried, or try it grilled with lemon pepper or Cajun seasonings. Served with lettuce and **Tavern-made** tartar sauce.

\$11.99

## Fish Tacos

Two tortillas filled with lightly breaded, or grilled Cajun-style Basa, shredded lettuce, black bean corn salsa, mixed cheeses and **Tavern-made** jalapeño cilantro sauce. \$13.99

## Shrimp Basket

Lightly breaded or grilled shrimp served with Tavern fries and **Tavern-made** wasabi cocktail sauce. \$15.99

## Surf & Turf

Lightly breaded or grilled shrimp & breaded or grilled chicken tenders. Served with **Tavern-made** wasabi cocktail sauce, Tavern fries & a sauce of your choice. \$15.99