



## **CYC TAKEOUT DINNER MENU**

### **Soup**

**Chicken Escarole 8**

**Roasted Tomato with Mini Grilled Cheese 8**

**Barry's Clam Chowder 8**

### **Salad**

**Kale or Traditional Caesar Salad**

Full 9 Half 7

Choice of baby kale or romaine lettuce tossed in creamy Caesar dressing,  
Parmesan cheese & house made croutons

**Harvest Salad**

Full 10 Half 7.50

Mixed greens, dried cranberry, roasted walnuts, Gorgonzola, apple, pumpkin seeds &  
red onion with cider or rosemary balsamic vinaigrette GF/V (Healthy Option)

**To any of the above salads, add:**

Grilled Chicken 6 Fried Chicken 6 (Buffalo or BBQ available)

Lemon Tarragon Chicken Salad 6 Salmon 9

### **Appetizers**

**Trio of Wings 8**

Six wings tossed in trio of seasonal barbeque sauces and served with carrot & celery sticks  
Choice of bleu cheese or ranch dressing

**Calamari 12**

Lightly fried and tossed in parsley pesto with cherry tomatoes topped with asiago cheese &  
served with lemon caper aioli

**Roasted Beet & Goat Cheese Crostini 10**

Rosemary olive bread with fig and goat cheese spreads, topped with  
roasted red & yellow beets tossed with sunflower and pomegranate seeds &  
drizzled with orange cognac honey



### **Sandwiches**

Sandwiches include house made pickles and a choice of: rosemary fries, sweet potato fries, Caesar or mixed green salad with balsamic vinaigrette (GF)  
Gluten free bun available

#### **CYC Burger 12**

8oz burger served with mixed greens, tomato & red onion  
Choice: American, Swiss, cheddar or bleu cheese

#### **Omega Burger 12**

Salmon burger topped with dill caper aioli, mixed greens, tomato & red onion

#### **Black Bean & Sweet Potato Burger 12**

Topped with red pepper avocado mayo, mixed greens,  
tomato & red onion (GF/vegetarian)

### **Entrées**

#### **Cider Brined Chicken 22**

Roasted cider brined chicken served with Trio of Seasonal BBQ Sauces (on the side), sweet potato fries and traditional or Asian coleslaw.

#### **Salmon 24**

Served with lemon herb rice and grain medley & garlic green beans.

#### **Savory Beef and Pumpkin Stew 22**

Served with Grilled Rosemary Olive Bread  
(GF/GF roll available)

#### **Lobster Pizza 18**

Cauliflower pizza topped with boursin, asiago and mozzarella cheese, parsley pesto, cherry tomato, lobster, caramelized shallots, basil chiffonade and drizzled with roasted garlic oil.  
(GF/Vegetarian option available)

#### **Pumpkin Stew with Lentils 18**

Served with grilled rosemary olive bread or GF roll (GF/Vegetarian)

#### **Butternut Squash Ravioli 20**

Tossed in whiskey sage cream with sausage, butternut squash, toasted pecans, dried cranberries, caramelized apple and onions. (vegetarian sausage option and gluten free cheese ravioli available)

#### **Moroccan Rubbed Lamb Chops 28**

Served with curry carrot puree, Lebanese lentils and grains & garlic green beans  
(GF lentils available)