



CONANICUT YACHT CLUB

## LUNCH MENU

*November 19 & 21, 2020*

### Soup

#### Chicken Escarole

*Cup 5 Bowl 8*

#### Roasted Tomato with Mini Grilled Cheese

*(Vegetarian /GF grilled cheese available)*

*Cup 5 Bowl 8*

#### Barry's Clam Chowder (GF)

*Cup 5 Bowl 8*

### Salad

#### Traditional Caesar Salad

*Full 9 Half 7*

#### 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*

#### Choice dressings:

*Caesar, Cider Vinaigrette (GF) Bleu Cheese, Ranch, Balsamic Vinaigrette (GF)*

### 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*

### CHEF'S COMPETITION

*Vote in comments or with your server for your favorite seasonal sauce!*

*Sauces will be served with wings*

*Betsy's Cranberry Fig*

*Jason's Green Apple*

*Jace's Chipotle Butternut Squash*

#### 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*

**House Made Onion Rings 5**

*With Zesty sauce*

**Sandwiches**

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

***Specials:***

**Lemon Tarragon Chicken Wrap 12**

**French Dip 12**

**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)*

**CYC Grilled Cheese 11**

*Bacon, cheddar, American, Swiss cheese and tomato on honey wheat bread*

**BLT 12**

*Served on honey wheat bread*

**Junior Meals 7**

**Grilled Cheese**

**Chicken Parmesan Sandwich**

**Chicken Fingers (Regular or Buffalo)**

**Grilled Chicken Caesar Salad**

**Macaroni and Cheese**

*Gluten Free Option Available*

**Dessert 7**

**Pumpkin Brulée Cheesecake (GF)**

**Oreo Trifle**

**Fried Ice Cream**

*With Spiced Apples & Churro*