



CYC TAKEOUT LUNCH 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

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

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

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

Macaroni and Cheese

(GF option available)

Dessert 7

Pumpkin Brulee Cheesecake (GF)

Oreo Trifle