

## Starters



## Salads

### Quesadilla

Fire-roasted corn, pico de gallo, scallions, Monterey Jack and cheddar cheese with piquillo crema • \$8

Add: chicken \$5 shrimp \$7 steak \$8

### BLT Sliders

On a homestyle roll with Applewood bacon, bib lettuce, vine ripe tomatoes and mayonnaise • \$8

### Onion Rings

Golden brown fried white onions served with Crystal sauce and ketchup • \$8

### Potato Skins

GF

Cheddar and Monterey Jack cheese, applewood bacon, green onion and ranch crema • \$8

### Salmon Burger Sliders

Q

Citrus herb crusted salmon cakes, Cajun remoulade, lettuce and tomato • \$13

**Bowl of Soup** • \$4

## Sandwiches

Sandwiches come with choice of French fries, house chips, fruit or cole slaw. Substitute sweet potato fries for \$1 or onion rings for \$3

### Cranberry Apple Brie Turkey Sandwich

B Q

Roast turkey, brie, cranberry apple jam and arugula on toasted cranberry walnut bread • \$13

### American Burger

Served on a toasted brioche roll with lettuce, tomato, onion, pickle and a choice of American, Swiss or cheddar cheese • \$12  
Add Bacon • \$2

### Philly Cheese Steak

Shaved sirloin steak, peppers, mushrooms, onion, smoked Gouda cheese on a fresh hoagie roll • \$14

### Fish Sandwich

Q

Grilled, seared or blackened fish of the day with lettuce, tomato, pickle and onion with house remoulade on a toasted brioche bun • Market Price

### Black Bean Sweet Potato Burger

V

Vegan handmade burger served on your choice of bread with lettuce, tomato, onion, pickle and a choice of side • \$13

### Turkey Burger

Q

Hand made all white meat, served with lettuce, tomato, onion, applewood bacon and guacamole on a brioche bun • \$14

### House Salad

GF V

Mixed greens, tomato, onion, cucumber with choice of dressing • \$8

### Caesar Salad

Q V

Tender romaine lettuce with creamy dressing, Parmesan cheese and herb focaccia croutons • \$9

Add: chicken \$5 shrimp \$7 salmon \$9

### Sweet Corn Blackened Shrimp Salad

GF Q

Mixed greens, arugula, fresh corn, red onion, goat cheese, heirloom tomato with a mango vinaigrette • \$16

### Salmon & Beet Salad

Q

Baby arugula, radicchio, goat cheese, Florida oranges, fennel, orange honey vinaigrette with a cranberry bread crisp • \$18

### Watermelon Caprese Salad

GF B V

Fresh mozzarella, vine ripe watermelon and fresh basil with a balsamic glaze and olive oil • \$11

## Entrées

Add small house or Caesar salad to your entrée • \$3

Add soup to your entrée • \$2

### Chicken Cordon Bleu

Hand rolled with Maple ham, baby Swiss served with mashed potatoes, green beans and Boursin cream sauce • \$15

### Pork Chop

GF

Frenched bone in pork chop with sweet potato purée and asparagus • \$16

### Boursin Encrusted Filet Mignon

GF

Sous vide center cut filet mignon served with sweet potato wedges and sautéed asparagus • \$28

### Turkey Dinner

Citrus herb turkey breast, traditional stuffing, mashed potatoes, green beans, cranberry and gravy • \$14

### Salmon Tortellini

B Q

Bacon, garlic, spinach and four cheese tortellini tossed in a cream sauce • \$20

### Eggplant Meatballs

V Q

Over angel hair pasta with a marinara sauce and broccoli • \$12

### New Zealand Mussels

Served with a garlic butter or marinara pasta and garlic bread • \$16

### Braised Beef Short Ribs

With mashed potatoes, baby carrots and a demi glaze • \$21

Q Indicates LifeQuest Nutritional Option GF Indicates Gluten Free Option V Indicates Vegetarian Option B Indicates Brain Food

Consuming undercooked meats, seafood and eggs may increase the risk for food borne illnesses.  
18% gratuity will be added to each guest check.



## Blue Stone Oven

**Small Cheese Pizza \$8 • Large Cheese Pizza \$15 • Gluten Free Pizza • \$11**

Additional Pie Toppings:

\$1.00 each/small and GF • \$1.50 each/large

Pizza toppings: Tomatoes, Onions, Olives, Peppers, Mushrooms, Spinach, Basil, Bruschetta, Ricotta, Ham, Pineapple, Steak, Italian Sausage, Pepperoni, Bacon

Ask your server for a customization card

**Hawaiian Pizza:** Fresh dough, homemade sauce, fresh mozzarella with pineapple, onions and ham • \$11.00/Sm \$19.50/Lg

**White Pizza:** Fresh dough, fresh mozzarella, ricotta and spinach • \$11.00/Sm \$19.50/Lg

**Philly Cheesesteak:** Fresh dough, homemade sauce, fresh mozzarella with onions, pepper, and steak • \$11.00/Sm \$19.50/Lg

## Salads

Add: chicken \$5 shrimp \$7 salmon \$9

**Endless Soup and Salad**  **V**

Soup du jour and custom house salad • \$11

**Choice of:** Mixed greens, spinach, romaine, cucumber, peppers, cherry tomato, chick peas, beets, olives, shredded cheese, broccoli, onions, pineapple, watermelon, cantalope, grapes, eggs, tuna salad, chicken salad, carrot raisin salad

**Dressings:** Ranch, Italian, Balsamic, French, Lite Ranch, Honey Mustard, Blue Cheese, 1000 Island

Ask your server for a customization card

## Desserts

6 Layer Chocolate Cake • Cream Cheese Frosted Carrot Cake • New York Style Cheese Cake • Gluten Free Chocolate Tort • \$4.00

## LifeQuest Bowls

Customize Your Own • \$12

**Pick one Protein:** Chicken, Shrimp or Steak


**Pick five Vegetables:** Yellow Squash, Mushrooms, Grape Tomato, Red and Green Peppers, Onion, Cabbage, Kale, Spinach, Zucchini, Chickpeas, Black Beans, Broccoli, Carrots


**Pick one Starch:** Sweet Potato, Quinoa, Farro

**Pick one Sauce:** Peanut Sauce, Mango Sauce, Teriyaki Sauce

Ask your server for a customization card

### Signature LifeQuest Bowls

**Crystal Creation** **GF**   
Sweet potato, kale, spinach, onion, cabbage, shrimp • \$12

**Southwest Bowl**   
Black beans, onions, peppers, mushrooms, farro, zucchini sweet potato, tomato, chicken • \$12

**Crystal Lunch Platter** • \$13

**Served 11:00am - 3:30pm**

**Includes Beverage and Ice Cream**

**Crystal Dinner Platter** • Priced Weekly

**Served 3:30pm - 7:00pm**

**Includes Beverage and Ice Cream**

## Beverages

**Coffee, Tea, Sodas • 2.5 • Juice • \$3**

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