Ocean 450

LUNCH MENU

SEED OIL FREE CERTIFIED COOKING OIL

Salads

Carlisle Salad 6
Hearts of palm, power greens, tomato, cucumber, radish, red onion, citrus dressing

On The Edge Salad 8
Mixed greens, mandarin orange, apples, dried cranberries, avocado, sliced almonds, gorgonzola, pulled chicken

Caesar Salad 5
Romaine, garlic croutons, reggiano parmesan cheese, house-made dressing

Salad Trio 11
Egg, chicken and tuna salad, served over greens with a tomato wedge. Served with choice of side.

Salad Add-on Proteins

Chicken 3
Shrimp 5
Salmon 8

Soup & Sandwich

Chicken Noodle (Mon - Wed)
Vegetable Soup (Thur - Sun)
Cup 2 | Bowl 4

Soup Du Jour
Cup 2 | Bowl 4

1/2 Sandwich & Soup 10
Tuna Salad
Chicken Salad
Egg Salad
BLT
Ham & Turkey

Grill

BLACK ANGUS BEEF BURGER 10
Prime angus beef, toasted brioche bun, your choice of cheese. Served with choice of side.

450 Wings 8
5 wings, baked or fried with your choice of buffalo, sweet chili, or BBQ sauce. Served with celery and bleu cheese dressing.

Corned Beef Ruben- 9
Classic Cured Corned Beef Piled on Rye Bread, melted Swiss cheese, sauerkraut, and 1000 island dressing, grilled to Golden Perfection. Served with a choice of fruit or fries.

Coney Island Hot Dog 8
All beef hot dog, grilled bun. Served with choice of one side.

Grilled Cheese 7
Classic favorite, Sliced bread of choice grilled until golden, layered with melted cheese.

Club Sandwich 9
Roasted turkey breast layered with crispy bacon, fresh lettuce, American cheese and ripe tomatoes, stacked between three slices of toasted bread.

Sides 4

French Fries
Fruit Salad
Pasta Salad
Sauteed Spinach
Broccoli
Homemade Potato Chips

consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.