

Proudly celebrating our 30th year, thank you!

SLATES LUNCH

SOUPS & SALADS

~SOUP OF THE DAY~

Please see our specials sheet for today's soup

~CAESAR SALAD~ 8.00

Our own Caesar dressing & croutons with fresh asiago cheese

~WINTER ORGANIC GREENS SALAD~ 9.00

Roasted beets, cashews, red cabbage and shredded carrots

With your choice of Slates house, homemade blue cheese or balsamic vinaigrette

~ ORGANIC BABY SPINACH GREEK SALAD ~ 10.00

Feta cheese, kalamata olives, cabbage, carrots, red onion, tomato & cucumber

With Slates house Dressing

~ROASTED WALNUT DRIED CRANBERRY GOAT CHEESE SALAD~10.00

Organic greens, roasted walnuts, dried cranberries, goat cheese, grilled onion, shredded carrots and cabbage. With Balsamic vinaigrette

ADD TO YOUR SALAD: grilled all-natural chicken ~ \$4.00

Grilled shrimp skewer, blackened haddock, grilled salmon or mahi mahi ~ \$5.00

~ROASTED CHICKEN SALAD OR TUNA SALAD PLATE~ 10.00

With a small Caesar or green salad

~GRILLED PIZZAS ON HOMEMADE WHOLE WHEAT CRUST~

- *Marinara, provolone, asiago & fresh basil 8.00*
- *Italian chicken sausage, marinara, sweet peppers, onions & pepper jack Cheese 10.00*
- *Herb pesto, goat cheese, asiago, caramelized onions & local tomatoes 11.00*
- *Crispy prosciutto, alfredo, portabella mushrooms and gorgonzola cheese 12.00*

~SLATES CREPES~

TWO PER SERVING~CHOOSE ANY TWO

With a small Caesar or green salad

- *Fresh Maine Crabmeat, artichoke hearts and havarti cheese 15.00*
- *Our own roasted chicken, baby spinach, gorgonzola cheese & crispy prosciutto 14.00*
- *Portabella mushrooms, goat cheese, sweet peppers & caramelized onions 13.00*

~GRILLED ENTREES~

Served with your choice of a small salad & crusty French bread

With your choice of:

- *All-natural boneless Chicken Breast 13.00*
- *Salmon 15.00*
- *Mahi Mahi 16.00*
- *Maple Balsamic Glaze*
- *Garlic & Fresh Herb Butter*
- *Chipotle pepper BBQ*
- *Cajun blackened*
- With jalapeno mayo*

~CAJUN BLACKENED HADDOCK~ 14.50

W/ jalapeno mayo

Served with a small salad and crusty French bread

~SLATES FAMOUS COUNTRY CHICKEN PIE~ 10.00

(Made with our own roasted chicken breast)

~QUICHE OF THE DAY~ 9.00

~SLATES MAC & CHEESE~ 10.00

Fresh cavatelli pasta, baby spinach, tomato and Alfredo topped with bread crumbs

~FRESH MAINE CRABCAKES~ 13.50

With a roasted red pepper basil aioli

~CHICKEN, VEGETABLE & PEPPER JACK CHEESE BURRITO~ 12.00

Served with our homemade salsa and sour cream

~VEGETABLE BEAN BURRITO~ 10.00

Served with our homemade salsa and sour cream

ABOVE ENTREES SERVED WITH A SMALL CAESAR OR GREEN SALAD

~WOLFNECK FARMS ORGANIC BURGERS~ 11.00

Served on a homemade whole wheat roll with organic greens

- *Havarti cheese, caramelized onions and roasted red pepper basil aioli*
- *Cajun grilled with Gorgonzola cheese and jalapeno mayo*

~CAJUN GRILLED MAHI MAHI SANDWICH~ 11.00

Organic greens, local tomato and jalapeno mayo

On a homemade whole wheat roll

~CORNED BEEF or TURKEY REUBEN~ 8.50

With Swiss cheese, sauerkraut and a special dressing on your choice of bread

~TURKEY BLT ~ 8.50

Natural bacon, lettuce and local tomatoes on your choice of bread

~ROASTED CHICKEN CHIPOTLE BBQ WRAP~ 8.50

*Our own roasted chicken, Chipotle BBQ, organic greens & Havarti cheese
Wrapped in our homemade markouc bread*

~HUMMUS PROVOLONE AND VEGGIE WRAP~ 7.00

Wrapped in our homemade markouc bread

~FRESH MAINE CRABMEAT CROISSANT~ 14.00

With Lettuce and tomato

~WARMED FRESH CROISSANT~ 9.00

With our own roasted chicken salad or tuna salad, lettuce and tomato

Above Sandwiches served with kettle chips or Thai cabbage salad

~WARMED BRIE with TOASTED ALMONDS or FRESH CRACKED PEPPER~ 8.50

With Smoked shrimp & scallions 9.50

Served with crusty French bread, apples & grapes.

~GRILLED SANDWICHES ON HOMEMADE BREAD~ 8.50

- *Roasted chicken, pesto and brie*
- *Portabella mushroom, baby spinach, tomato and hot jack cheese*
- *Tuna, Local tomato, red onion and cheddar*
- *Ham, Swiss, portabella mushroom and honey mustard*
- *Turkey, goat cheese, caramelized onions and dried cranberries*
- *Roast beef, tomato, red onions and Boursin*
- *Turkey, homemade fruit chutney and havarti*
- *Fresh mozzarella, tomato & fresh basil
W/ a balsamic dipping sauce*

One check for parties of 6 or more 20% gratuity added.

