

## APPEVIZERS

Sweet Potato Waffle Fries with powdered sugar	4.95
Southwest Chicken Egg Roll (3) with Spicy Ranch	7.95
Wings (8) Mild, Medium, Hot, Teriyaki or BBQ served with bleu cheese or ranch	8.95
Chicken Strips Cajun or plain	8.95
Fried Popcorn Shrimp buffalo or plain with choice of sauce	8.95
Chicken Quesadilla cheese, chicken, peppers & onions	8.95

## SOUPS

Made from Scratch New England Clam Chowder	cup 4.75 bowl 6.95
Soup of the Day	cup 4.75 bowl 6.95

## LIVE FARE

Soup and Salad house side salad with your choice of soup & chips	7.95
Soup or Salad and Half Sandwich a half club, tuna salad, egg salad, chicken salad or BLT sandwich with a cup of soup & chips	8.95
Dieter's Delight a grilled fish filet, chicken breast or hamburger patty with sliced tomato, onions, cottage cheese & fruit	9.95

## SIGNATURE SALADS

Traditional Salad Plates homemade salads over crisp lettuce with chips & fruit	
Tuna Salad 8.95 Chicken Salad 9.95 Shrimp Salad 11.95 All Three 12.95	
Taco Salad or Wrap fried flour tortilla shell filled with greens, tomatoes, green onion, grated cheese, topped with beef or chicken & served with guacamole, sour cream & salsa	10.95
House Salad mixed greens, assorted vegetables, diced egg, and cheeses	6.95
Southern Cobb Salad bacon, diced eggs, crumbled bleu cheese, tomatoes & cucumbers on a bed of fresh greens with a side of bleu cheese dressing	7.95
Greek Salad or Wrap feta cheese, kalamata olives, pepperoncini, cucumbers, tomato & red onion served on a bed of crispy romaine lettuce	7.95
Spinach Salad fresh spinach, bacon crumbles, dried cranberries, bleu cheese crumbles & pecans served with a poppyseed dressing	8.95
with Turkey & Ham add 3.00 Chicken grilled, fried or cajun add 4.00	
Gulf Shrimp grilled, fried or cajun add 4.00	

*Dressings - Ranch, Bleu Cheese, Honey Mustard, 1000 Island, Poppyseed, Balsamic, Raspberry Vinaigrette, Mango Pineapple Vinaigrette and Light Italian*

## SEAFOOD PLATES

*choice of two sides*

True Blue Fish Plate or Sandwich grilled or fried	11.95
Fried Shrimp Plate or Sandwich crispy shrimp with choice of tartar or cocktail sauce	11.95

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BREAKFAST 'ALL DAY' 7AM - 3PM LUNCH 11AM - 3PM

# WRAPS

*flour or wheat*

- Fajita Wrap chicken or seasoned beef, grilled onions, peppers, shredded lettuce, shredded cheese with guacamole, sour cream, and salsa **9.95**
- Chicken or Shrimp Wrap chicken or shrimp, shredded cheese, lettuce, diced tomato & cucumbers. Try our Thai Chili sauce on the side **9.95**
- True Blue Wrap chicken tenders, diced egg, tomatoes, lettuce & bacon with our homemade sauce **9.95**
- Buffalo Chicken or Shrimp Wrap wing sauce, lettuce & cheese with ranch or bleu cheese **9.95**

# BURGERS

8oz & \*cooked to order

- Cheeseburger with lettuce, tomato, onion, pickle & choice of cheese **9.95**
- Bacon Deluxe Burger topped with grilled onions, choice of cheese, pickle & bacon **10.95**
- Mushroom Swiss Burger with lettuce, tomato, onion & pickle **10.95**
- Patty Melt with swiss & grilled onions on marble rye **10.95**
- Blackened 'Bleu' Burger topped with crumbled bleu cheese, blackened to perfection **10.95**

# SANDWICHES

*Bread choices- Sourdough, Wheat, Marble Rye, Texas Toast, Hoagie, Kaiser Roll or Wrap*

- 3 Cheese Grilled Cheese American, Swiss & Cheddar cheese on your choice of bread **5.95**  
Add sliced ham, turkey or bacon add **3.00**
- Bacon, Lettuce & Tomato served on your favorite bread with mayonnaise **6.95**
- Fried Green Tomato BLT served with Cajun mayo **8.95**
- True Blue Salad Sandwiches Egg Salad **6.95** Tuna or Chicken Salad **8.95** Shrimp Salad **9.95**
- Club Sandwich turkey, ham, bacon, cheese, lettuce, tomato & mayonnaise **9.95**
- Cheese Steak beef or chicken, grilled peppers & onions with your choice of cheese on a hoagie **9.95**
- Chicken Sandwich grilled or fried with bacon, provolone, lettuce & tomato **9.95**
- Kickin' Chicken grilled chicken, grilled onions, banana peppers, cheddar cheese and BBQ sauce served on a hoagie roll or wrap **10.95**
- Grilled Reuben corned beef, swiss cheese, thousand island & sauerkraut on marble rye **10.95**
- Cajun Chicken Club spicy grilled chicken breast, roast beef, bacon, provolone cheese, tomatoes, lettuce & mayonnaise **12.95**

*\*Consuming raw or under cooked foods can increase your risk of foodborne illness*

# SIDES

- Coleslaw - Baked Beans - Fries - Homemade Chips - Fruit - Side Salad **2.95**
- Substitute Sweet Potato Waffle Fries or a Cup of Soup on any plate add **2.95**