

## Appetizers

### Tavern Wing Sampler

One Dozen, Choice of: Buffalo, Honey Soy & Beer

### Loaded Baked Potato Skins

Slow Roasted Brisket, Fontina Cheese, Sour Cream, Green Onions

### Roasted Vegetable Quesadilla & White Bean Dip

Zucchini, Red Onion, Mushrooms, Red Peppers, Eggplant, Pepper Jack Cheese

## Soups & Salads

### Soup of the Day

cup | bowl

### Walnut Cove Signature New England Clam Chowder

cup | bowl

### Caesar Salad

Hearts of Romaine Lettuce, Roasted Garlic Croutons,

Asiago and Parmesan Cheeses

**Grilled Chicken , Grilled Salmon**

*Skinny Caesar dressing available*

### Tavern House Salad

Hearts of Romaine and Radicchio, Feta Cheese, Sweet Onions,

Tomatoes, Kalamata Olives, Champagne Vinaigrette

### Cranberry Walnut Omega Salad

Organic Baby Greens, Pumpkin Seeds, Cranberries, Walnut Vinaigrette

*(Approx: 355 calories, 39 g protein, 12 g carbs,*

*178 mg sodium, 5 mg sugar, 5 mg fiber)*

**Add Chicken Add Salmon**

**Add Tuna**

## Sandwiches

Sandwiches are served with your choice of Fries, Fruit, Sweet Potato

Fries, Onion Rings, Potato Salad or Steamed Broccoli.

### Tavern Burger

House-ground Black Angus Beef, Swiss Cheese, Applewood Smoked

Bacon, Romaine Lettuce, Vine-ripened Tomato, Portabella, Roasted

Onions, Toasted Kaiser Bun

### Deli Selection

Chicken Salad, Tuna Salad, Egg Salad or

Your Choice of Boar's Head Deli Meat, Cheese and Bread

**Deli-selection Half-sandwich and Soup**

### Open Faced Meatloaf Sandwich

Gruyere Cheese, Mushroom Gravy, Sourdough

## Features

### Applewood Smoked Ribs

Half Rack of House Smoked Pork Ribs, Cole Slaw,

Coffee BBQ Sauce & Steak Fries

### Full Rack

### Brunswick Stew

Chicken, Okra, Lima Beans, in Bread Boule

### Southern Fish & Chips

Cornmeal Breaded Catfish, Hushpuppies, Cole Slaw, Tartar Sauce

### Soy Glazed Salmon

Linguine Pasta, Snow Peas, Carrots, Shitake Mushrooms

*(Approx: 351 calories, 37 g protein, 16 g carbs,*

*262 mg sodium, 5 mg sugar, 4 mg fiber)*

### Features of the Day

Ask your server about our Salad, Pasta, Fish & Dessert of the Day.

## Pizza & Pasta

### Tavern Hand Tossed Pizza

Twelve inch with six slices

*Choice of sauce:*

Marinara, White Sauce, BBQ or Pesto

*Choice of two toppings:*

Mozzarella, Fontina, Feta, Goat Cheese, Smoked Gouda,

Pepperoni, Italian Sausage, Chicken, Sundried Tomatoes,

Ripe Tomatoes, Spinach, Mushrooms, Bacon, Roasted

Garlic, Kalamata Olives, Roasted Onion, Broccoli,

Artichokes, Banana Peppers, Jalapenos

### Walnut Cove Pasta Bowl

*Choice of pasta:*

Angel Hair, Linguine, Fettuccini, Farfalle,

Gluten Free Rigatoni, Whole Wheat Penne

*Choice of sauce:*

Marinara, Alfredo, Pesto

*Choice of ingredients:*

Sundried Tomatoes, Ripe Tomatoes, Spinach, Mush-

rooms, Roasted Garlic, Kalamata Olives, Roasted Onion,

Broccoli, Red Peppers, Artichokes, Zucchini, Asparagus,

Parmesan, Feta, Goat Cheese

*Choice of protein:*

Chicken Salmon

Shrimp Meatballs

### Denotes Wellness Selection

The Cliffs is proud to offer its Members a dining experience that features seasonal, organic produce from The Cliffs Organic Farm. We strive to use the freshest ingredients available and take pride in supporting our local farmers and fisheries.