

TISHAS LUNCH MENU

Family owned and operated since 1988



STARTERS & SMALL PLATES

SCALLOPS RISOTTO

Pan seared sea scallops, shiitake and spinach \$16

MUSHROOM RISOTTO

Assorted mushrooms and shaved asiago cheese \$13

ARANGINI RICE BALLS

Risotto rice balls stuffed with mozzarella cheese, breaded and fried served with marinara sauce \$12

CALAMARI FRITTI

Fried calamari tossed with roasted peppers, hot cherry peppers and capers then drizzled with honey mustard \$14

CAJUN FRIED OYSTERS

Spicy hand breaded fresh oysters drizzled with our pepper cream sauce \$15

LITTLE NECK GLAMS

Little neck clams sauteed in a red Thai curry sauce \$14

TISHAS LOADED FRIES

Crispy bacon, sauteed onions and jalapeno peppers, cheddar cheese wiz and drizzled with pepper mayo \$10

SOUPS AND SALADS

Salad ad on's

Grilled or blackened salmon or shrimp \$9
Grilled or blackened all natural chicken breast
Or crispy chicken tenders \$7

CREAM OF POTATO AND LEEK

garnished with roasted squash \$9

NEW ENGLAND GLAM CHOWDER

award winning \$10

KALE CAESAR SALAD

House made Caesar dressing, grated Pecorino \$12

HARVEST SALAD

Fresh baby greens tossed in a raspberry balsamic vinaigrette with stilton blue cheese, roasted squash, sliced apples and candied pecans \$14

WEDGE SALAD

A crisp wedge of iceberg lettuce, crispy bacon bits, tomato relish, red onion, blue cheese dressing and blue cheese crumbles \$14

COBB SALAD

Spring mix grilled or blackened all natural chicken breast, bacon bits, avocado, hard boiled eggs, tomato relish, blue cheese crumbles and red onion all tossed with raspberry vinaigrette \$16 sub shrimp or salmon add \$2.00

BUFFALO CHICKEN SALAD

Grilled or blackened all natural chicken breast or crispy chicken tenders tossed in our house made buffalo blue cheese dressing with romaine, tomato relish, red onion, cucumbers and hard boiled eggs
\$16 sub shrimp or salmon add \$2.00

HOUSE SPECIALTIES

choice of french fries or side salad

CRAB CAKE TACOS

Avocado, house slaw, baby greens, tomato relish, cilantro and pepper mayo \$16

SOUTHWEST GRILLED CHICKEN

Grilled all natural chicken breast, bacon, cheddar cheese wiz, chipotle mayo, baby greens and tomato relish \$15

SALMON PO`BOY

Fresh atlantic salmon grilled or blackened, baby greens, tomato relish, pickles and herbed mayo \$16

FRIED OYSTER PO BOY

Crispy fresh fried oysters, tomato relish, baby greens and pickles finished with chipotle mayo \$16

BUFFALO CHICKEN WRAP

Grilled or blackened all natural chicken breast or crispy chicken tenders tossed in our house made buffalo blue cheese dressing with romaine, tomatoe relish, red onion, hard boiled eggs and cucumbers \$14

CHICKEN CAESAR WRAP

Grilled or blackened all natural chicken breast or crispy chicken tenders tossed with caesar dressing, romaine and grated pecorino romano cheese \$14

ITALIAN CHICKEN

Grilled or blackened all natural chicken breast or crispy chicken tenders with sauteed spinach, long hots, roasted peppers and shaved asiago cheese \$15

GOURMET BURGERS

10 oz fresh ground chuck and
choice of french fries or a spring mix salad

CLASSIC CHEESEBURGER

American cheese, lettuce, tomato, onion and pickles \$14 add bacon for \$3.00

CHEFS BURGER

Caramelized onions and jalapenos, crispy bacon and cheddar cheese wiz \$15

ITALIAN BURGER

Roasted peppers, baby spinach, Fontina cheese and a drizzle of balsamic glaze \$15

BACON EGG AND CHEESEBURGER

Crispy bacon, american cheese and a fried egg \$15

HOUSE BURGER

Crispy bacon, red onion and gorgonzola cheese \$15