

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 saute and tossed with risotto \$13

MUSSELS

Choice of olive oil and garlic, tomato and basil
or red thai curry \$12

ARANCINI 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

TISHAS LOADED FRIES

Crispy bacon, sauteed onions and jalapeno peppers,
cheddar cheese sauce and pepper mayo \$10

SOUPS AND SALADS

Add grilled or blackened salmon or shrimp \$9
grilled or blackened all natural chicken breast
or crispy chicken tenders \$7

NEW ENGLAND CLAM CHOWDER

award winning \$9

CREAM OF MUSHROOM BISQUE

Assorted mushrooms and a drizzle of white truffle oil \$9

CAESAR SALAD

Romaine, grated pecorino Romano,
garlic croutons and house caesar \$12

HOUSE SPECIALTY SALAD

Spring mix, candied pecans, dried cranberries, grape
tomatoes, goat cheese tossed with raspberry balsamic
vinaigrette \$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
(except for short rib mac and cheese)

CRAB CAKE TACOS

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

SHORT RIB MAC AND CHEESE

house made macaroni and cheese topped with braised
pork short ribs \$15

SOUTHWEST GRILLED CHICKEN

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

CALIFORNIA BLT

Crispy bacon, arugula, avocado and tomato on toasted
grain bread with herbed mayo \$13

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, tomato 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 or
veggie beyond burger (plus \$2.00)
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 sauce \$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 and gorgonzola cheese \$15