

NAUTILUS LUNCH SPECIALS

SERVED FROM 11:00 AM to 3:00 PM NOT FOR TAKEOUT, THANK YOU

HOUSE SUGGESTIONS

SERVED with CUP of SOUP (Tossed Salad Instead of Soup 2.99 Extra)

ALA CARTE

GRILLED CHICKEN BREAST with Potato & Vegetable	17.99
CHOPPED STEERBURGER STEAK with Onion Rings, Potato & Vegetable ..	17.99
CHOPPED TURKEY STEAK with Onion Rings, Potato & Vegetable.....	17.99
BROILED GREEK CHICKEN	18.49
Stuffed with Spinach & Feta Cheese, with Potato & Vegetable	
BROILED SALMON with Potato & Vegetable	21.99
BROILED TILAPIA with Potato & Vegetable	18.99
CHICKEN SCAMPI over Rice	17.99
CHICKEN MARSALA with Potato & Vegetable	18.49
CHICKEN FRANCAISE with Potato & Vegetable	18.49
FRIED CHICKEN with French Fries	18.99
CHICKEN CUTLET PARMIGIANA with Linguine	18.99
EGGPLANT PARMIGIANA Served with Linguine.....	16.99
PENNE A LA VODKA	15.99
RAVIOLI, with A La Vodka Sauce	15.99
RAVIOLI, with Marinara Sauce	14.99
LINGUINI, with Meatballs.....	15.99
BAKED MEATLOAF with Brown Gravy	16.99
BROILED STUFFED SHRIMP (2)	20.99
Crabmeat Stuffing, Potato & Vegetable	
HOT OPEN ROAST BEEF Sandwich, Potato & Vegetable.....	18.79
HOT OPEN TURKEY Sandwich with Potato & Vegetable.....	18.79
BALSAMIC CHICKEN BREAST with Grilled Vegetables & Balsamic Glaze ...	18.79

GYRO DELUXE	18.49
on Pita Bread with Fried Onions, Greek Salad and French Fries	
PORK SOUVLAKI DELUXE.....	18.49
with French Fries & Greek Salad	
CHICKEN SOUVLAKI DELUXE.....	18.49
with French Fries & Greek Salad	

GRILLED CHICKEN BREAST B.L.T. - 13.99
on a Kaiser Roll, Served with Cup of Soup

or MEAT LOAF SANDWICH - 12.99
on a Kaiser Roll with Gravy, Served with Cup of Soup

OPEN FACED REUBEN SANDWICH - 16.99
(Corned Beef or Pastrami or Turkey)
Served with Potato Salad or French Fries and Pickle

BBQ PULLED PORK SANDWICH - 16.49
with Cheddar Cheese
Served with French Fries, Cole Slaw & Pickle

BEER BATTERED COD DELUXE - 17.99
Served on Kaiser Roll with Lettuce, Tomato,
and French Fries

JUNIOR SALAD PLATTERS

Jr. EGG SALAD PLATTER	15.99
Jr. CHICKEN SALAD PLATTER	16.99
Jr. TUNAFISH PLATTER	17.99
Jr. SLICED TURKEY PLATTER	17.99
Above Served with Lettuce, Tomato, Cucumber, Potato Salad, Cole Slaw & Garnish	

DIET DELIGHTS

CALIFORNIA SALAD ... 15.99

Fresh Fruit Salad, Cottage Cheese & Jell-O On Crisp Lettuce

FRESH FRUIT PLATTER

Served on a Bed of Lettuce with Fresh Fruit Salad:

with Beef Burger	16.99	with Grilled Chicken	17.99
with Turkey Burger	16.99	with Salmon Burger.....	17.99
with Veggie Burger	16.99	with Sliced Turkey	17.99

NAUTILUS SLIM-LINE

Cottage Cheese served on a Bed of Lettuce with Tomato Slices,
Hard Boiled Egg, Scallions, Peppers, Cucumbers & Olives

with Beef Burger	16.99	with Grilled Chicken	17.99
with Turkey Burger	16.99	with Salmon Burger.....	17.99
with Veggie Burger	16.99	with Sliced Turkey	17.99

WRAPS Served with Cup of Soup, Pickle & Cole Slaw

1. CHICKEN SALAD WRAP, Lettuce & Tomato
2. TUNA SALAD WRAP, Lettuce & Tomato
3. SLICED TURKEY WRAP, Lettuce & Tomato
4. CAESAR GRILLED CHICKEN WRAP
5. GREEK SALAD WRAP with Grilled CHICKEN
6. GREEK SALAD WRAP with GYRO MEAT
7. CHICKEN B.L.T. WRAP
8. GRILLED CHICKEN SICILIANO WRAP
9. TEXAS WRAP
10. FAJITA WRAP
11. BUFFALO CHICKEN WRAP with Romaine Lettuce
12. GRILLED VEGETABLE WRAP
13. AVOCADO & GRILLED CHICKEN WRAP Lettuce & Tomato
14. BUFFALO POPCORN SHRIMP WRAP
15. PHILLY CHEESE STEAK WRAP
16. SALMON BURGER WRAP
17. GRILLED CHICKEN SANTA FE WRAP
18. PROTEIN WRAP

ASIAN CHICKEN SALAD 16.99

Grilled Chicken, Mandarin Oranges & Crispy Noodles
Over Mixed Greens with Asian Sesame Dressing

BEET SALAD 15.99

Fresh Roasted Beets, Arugula, Mandarin Oranges, Red Onion,
Goat Cheese Crumbs with Balsamic Vinaigrette

GRILLED CHICKEN GARDEN SALAD 16.99

Served with Scallions, Peppers, Cucumbers,
Radishes, Lettuce, Tomato and Carrots

COBB SALAD 16.99

Romaine Lettuce, Tomato, Cucumber, Gorgonzola Cheese,
Bacon, Grilled Chicken & Hard Boiled Egg

CHEF'S SALAD 16.99

GRILLED CHICKEN ITALIAN SALAD 16.99

Mixed Greens, Fresh Mozzarella, Roasted Pepper
and Grilled Chicken Breast

CAESAR SALAD 12.99

CRANBERRY WALNUT SALAD. 14.49

Mixed Greens, Tomato, Cucumbers, Cranberries
Walnuts and Gorgonzola Cheese

SPINACH SALAD or GREEK SALAD 13.99

BUFFALO CHICKEN SALAD 16.99

Romaine Lettuce, Tomato, Cucumber,
Monterey Jack and Cheddar Cheese

MESCLIN SALAD 12.49

Mixed Greens Tomato, Red Onion,
Cucumbers and Olives

AVOCADO SALAD . . . 15.99

Avocado, Carrots, Romaine Lettuce, Tomato, Cucumbers,
Olives, Onions & Monterey Jack Cheese

BUFFALO POPCORN SHRIMP SALAD . . . 17.99

Romaine, Tomato, Cucumber, Jack & Cheddar Cheese

PROTEIN SALAD . . . 14.99

Chickpeas, hard boiled egg, gorgonzola, kalamata olives,
tomato wedges, red onion, romaine lettuce, served with
balsamic vinaigrette

FIESTA SALAD . . . 14.99

Romaine Lettuce, Corn, Black Beans, Tomato,
Black Olives, Shredded Cheddar Jack,
Tortilla Strips, Spicy Ranch Dressing

TACO SHELL SALAD

with grilled chicken 18.49 • 21.49 shrimp • 21.49 salmon
With romaine lettuce, black beans, avocado, pico de gallo,
shredded monterey jack cheese, tossed with olive oil
lemon cilantro dressing

SALAD ADD ON EXTRAS

GRILLED CHICKEN 6.99 • GYRO STRIPS 6.99 • SLICED TURKEY 6.99
SLICED STEAK 11.99 • BROILED or CAJUN SALMON 13.99
BROILED or CAJUN SHRIMP 11.99 • FRIED CHICKEN FINGERS 6.99
FRIED CALAMARI 9.99 • POPCORN SHRIMP 8.99 • AVOCADO 3.99
GOAT CHEESE CRUMBLES 3.99 • SCOOP OF TUNA 6.99 •
SCOOP OF CHICKEN SALAD 5.99 • NEW FALAFEL 5.99

Add Fries 4.49 Add Waffle Fries or Sweet Potato Fries 5.49 Add Fresh Fruit 5.49
Add Onion Rings 6.49



LUNCHEON SPECIALS

SERVED 11AM - 3PM • MONDAY-FRIDAY, NO HOLIDAYS

FROZEN DRINKS	COCKTAILS & MIXED DRINKS	HOUSE WINES	BEER
<i>Your Choice</i> 10.99	<i>Your Choice</i> 9.99	<i>Your Choice Glass</i> 9.99	5.99
Miami Vice - Mudslide	Rum & Coke - Bloody Mary Screwdriver	Chardonnay	Budweiser - Bud Light - Coors Light
Mango Margarita	Manhattan - Whiskey Sour - Martini	White Zinfandel	O'Doul's (non alcoholic)
Frozen Margarita -	Vodka & Tonic - Gin & Tonic - Cosmopolitan	Pinot Grigio	6.99
Strawberry Daiquiri	Red or White Sangria - Bellini - Mimosa	Cabernet Sauvignon	Heineken - Corona
Mango Strawberry Daiquiri	Cocktails & Mixed Drinks Made with	Merlot	Guinness - Blue Moon
Pina Colada	Premium Brands 1.99 Extra		Stella Artois - Samuel Adams
			Modelo Especial
			Newcastle