
THE MANTREL

CULINARY ASCENT

LUNCH

Classic Caesar*

romaine, parmesan, croutons, house dressing \$10
chicken \$5 | prawns \$8 | salmon* or beef tenderloin* \$9

Spinach & Quinoa Salad

vegetarian & gluten free seasonal berries,
mandarin oranges, red grapes, almonds, bleu
cheese crumbles, poppyseed vinaigrette \$9
chicken \$5 | prawns \$8 | salmon* or beef tenderloin* \$9

Italian Chop Chop

romaine, salami, mozzarella, olives, pepperoni,
chickpeas, tomato, red onion, pepperoncini,
red wine vinaigrette \$8

Yakisoba

vegetarian vegetable medley, toasted cashews \$10
chicken \$5 | prawns \$8 | salmon* or beef tenderloin* \$9

Fish & Chips

beer-battered alaskan cod, house slaw, tartar \$10

The Combo

select two items \$9
half sandwich | blt, grilled cheese, turkey,
or shaved ham
sides | cup of soup, fries, house salad

Slider Duo

choice of side | cup of soup, fries, house salad

Personal Pizza

choice of two toppings \$10

**Everything is made from scratch daily,
utilizing local ingredients when available.**

*Items may be served raw or undercooked. Consuming raw or undercooked meat, seafood or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.