

LUNCH

APPETIZERS



Bruschetta - Blend of diced tomatoes, garlic, basil, and house-made mozzarella with extra virgin olive oil and a balsamic vinegar reduction, served over crostinis 6

Garlic Hummus - Roasted garlic hummus served with a Mediterranean olive salsa and oven baked sesame pita 5.5



Onion Rings - Tempura battered onion rings served with roasted shallot ranch and our own poblano ketchup 6

Fritters - Seasonal fritters with caramel sauce and house-made apple butter 5

Fried Green Tomatoes - Fried green tomatoes served with a roasted red pepper aioli and sweet onion relish 5.5

SOUPS AND COMBOS

Today's Soups - selections vary bowl 6 cup 4

Soup Trio - A smaller portion of two of today's soups and a ½ sandwich 10

Soup and Salad - A cup of any of our soups with either our house or Caesar salad 10

½ Sandwich and Soup - ½ a grilled cheese, ½ turkey sandwich, ½ BLT or ½ chicken salad croissant and a cup of any of today's soups 10

Quiche - Changes daily. Today's selection served with baby greens tossed in light vinaigrette and a side of fruit 10

SALADS

Tomato and Mozzarella - Alternating layers of sliced tomato and our hand-pulled herb mozzarella finished with candied walnuts, raisins, and dressed with a basil-balsamic vinaigrette 8



The Penick Wedge - Wedge of iceberg with crumbled bleu cheese, carrots, smoked bacon, tomatoes, and crispy onions strings with a grilled 6oz Wagyu beef burger and a side of bleu cheese dressing 12.5

Turkey Salad - House roasted turkey breast over baby greens with diced tomatoes, red onion, cheddar, crumbled bacon and croutons 10.5



Terrace Fruit Salad - Baby greens with grapes, apples, walnuts, strawberries, and berry vinaigrette topped with sliced chicken breast 11.5

Oyster Caesar - Flash-fried oysters, parmesan tuiles, and croutons over crisp romaine tossed in our Caesar dressing 11

Oriental Salad - A blend of baby greens, red cabbage, carrots, and scallions, with crunchy noodles and with our Asian vinaigrette. Chilled Marinated Chicken 11.5 Pan Seared Salmon 13



Hawaiian Chicken Salad - A large scoop of our Hawaiian chicken salad on a bed of field greens with carrots, diced tomatoes, candied walnuts, and shredded cheddar and your choice of dressing 10.5

Steak Salad - Blackened ribeye steak with tempura onion rings, roasted tomatoes, carrots, croutons, and blue cheese. 12

Grilled Chicken Cobb - Baby greens, cucumbers, tomatoes, onion, bleu cheese, egg, avocado, and smoked bacon topped with a marinated, grilled chicken breast 11.5

Fried Oyster Spinach Salad - Caramelized onions, sautéed mushrooms, smoked bacon, hard-boiled egg, hot bacon vinaigrette and fried oysters 12

Small House Green or Caesar Salad - 5

Dressings - All of our dressings are made in-house:

Roasted Shallot Ranch, Creamy Bleu Cheese, Asian Vinaigrette, Basil-Balsamic, Berry Vinaigrette, Caesar, and Honey Mustard

SANDWICHES



Mighty Corn Beef - Hot corn beef on marble rye bread with whole grain dijon mustard, swiss cheese, and Chef's cole slaw 12

Grilled Chicken Sandwich - Marinated chicken topped with bacon, pepper jack cheese, lettuce, and tomato with herb mayo on a wheat bun 9



Buffalo Chicken Sandwich - Fried chicken breast tossed in buffalo sauce served on a brioche bun with lettuce, tomato, and bleu cheese fondue 9

Grown-up Grilled cheese - Colby-jack cheese, sautéed tomatoes and red onion between two slices of sourdough 7.5

BLT - Smoked bacon, iceberg lettuce, and tomato with roasted shallot mayo on toasted sourdough 8.5

Chicken Salad Croissant - Hawaiian chicken salad on a fresh croissant with lettuce and tomato 9

Strube Ranch Burger - Wagyu beef burger with cheddar cheese, lettuce, tomato, and roasted poblano ketchup on a brioche bun 12.5

Turkey Sandwich - Oven roasted turkey, caramelized onion, sautéed mushroom, bacon, and Swiss served warm on wheat bread with whole-grain mustard 9.5

All sandwiches served with choice of steak fries, coleslaw, or fresh fruit.

ENTRÉES



Highland Gaelic Fish and Chips - Tender, flaky white fish lightly battered and fried, served with steak fries, Terrace tartar sauce and cole slaw 13.5

Tempura Chicken Fingers - Chicken tenders lightly battered and fried, served with honey mustard dipping sauce, coleslaw and steak fries 12

Chicken Paillard - Lightly pounded chicken breast with a white wine lemon butter sauce served over creamy mashed potatoes and steamed asparagus 12.5



Tofu Lettuce Wraps - Marinated tofu stir-fried with water chestnuts and peanuts, served with Bibb lettuce, carrots, red cabbage slaw, and cucumber relish, served with apricot sambal sauce 10.5 substitute chicken 13.5

Shrimp and Grits - Cajun-spiced shrimp, chorizo sausage, onions, and peppers with a creole bar-b-que sauce
Over stone ground cheese grits with fried okra 13

Oven Roasted Salmon - Herb-rubbed Atlantic salmon with a bourbon mustard glaze served with steamed vegetables 13.5

KID'S MENU

Grilled cheese with fries or fruit - 5

Kid's chicken fingers with fries or fruit - 5

Peanut butter and jelly with fries or fruit - 5



indicates house speciality

18% Gratuity added to parties of six or more



indicates an item approved by a Harris & Harris Express YMCA nutritionist

3% of each YMCA- approved meal will be donated back to YMCA Community Outreach program

Warning: Consuming Raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk for foodborne illness

Please alert your server to any food allergies as not all ingredients used in preparation are listed

Prices are subject to change without notice