

*South Tryon*

400 South Tryon, Suite M-1  
Charlotte, NC 28205  
**704.332.8918**



## SALADS

### **Caesar Classic (\$3.95)**

Crisp leaves of Romaine lettuce topped with fresh toasted croutons and tossed with our homemade Caesar dressing  
*with Blackened Shrimp or Chicken or Salmon (\$6.95)*

### **Romaine and Blue (\$6.50)**

Crisp romaine lettuce, topped with Grilled Chicken Breast, Chopped Smoky Bacon, Cherry Tomatoes and Crumbled Bleu Cheese

### **Honey-Chicken Walnut Salad (\$6.50)**

Tender all-white chicken with honey, walnuts & our special dressing on mixed greens with assorted vegetable garnish & fresh fruit

### **Grilled Marinated Steak Salad (\$7.95)**

Grilled Ribeye topped with Portabello mushrooms served over a Rainbow Salad

### **Southern Fried Chicken Salad (\$6.95)**

Crispy Fried Chicken Tenders served over a Rainbow Salad

### **Chef's Salad (\$6.95)**

An extra large Rainbow salad with ham, turkey, cheddar cheese

### **"Chic" Salad (\$6.50)**

Tender breast of chicken on a bed of crisp salad greens with tomatoes, cucumbers, alfalfa sprouts, carrots, peppers, olives & croutons.

*Grilled or Blackened - Please tell your server!*

### **Rainbow Salad (\$3.25)**

Mixed salad greens with tomatoes, carrots, green peppers, alfalfa sprouts, black olives cucumber & homemade croutons

*All salads are served with your choice of homemade dressings:  
Ranch, Honey Mustard, Italian, Bleu Cheese or House*

## APPETIZERS / MUNCHIES

### **Quesadillas - Cheese - Jack & Cheddar (\$5.50)**

*add-Southwestern Vegetables & Black Beans (\$5.95)*

*add-(above) & Grilled Chicken (\$6.95)*

### **Grilled Chicken Wings (\$5.95)**

10 plump & juicy wings, grilled & lightly seasoned with Ranch Dip or

Buffalo: Spicy, served with cool bleu cheese dressing & celery or

Teriyaki-Sesame with Ranch Dip

### **Nachos (\$4.95)**

Tri-Color Tortillas served with sour cream and our famous salsa with Jack and Cheddar Cheeses

*with above, Southwestern veggies & black beans (\$5.95)*

*with above, and Grilled Chicken (LOADED) (\$7.25)*

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**Beer Battered Jumbo Onion Rings Basket (\$3.95)**

**Jalapeno "Poppers" (\$5.95)**

Whole Jalapeno peppers stuffed with cheddar cheese, breaded and fried crispy brown! Served with the house "sour cream salsa."

**Crispy Fried Chicken Tenders (\$5.95)**

Crisp Fried to a golden brown, served with honey mustard sauce  
*Make it a Basket! with French Fries and Cole Slaw (\$7.75)*

**Three Cheese Spinach Dip with Tri Color Tortillas (\$5.25)**

**LIGHTER SIDE**

**Soup of the Day**

*Cup (\$1.95) Bowl (\$2.95)*

Made daily! Ask about the chef's selection!

**French Onion Soup (\$2.95)**

Loaded with fresh onions in a rich broth & topped with 3 cheeses!

**Soup and Quiche (\$5.95)**

Soup of the day with today's quiche

**Quiche (\$5.25)**

Ask your server for today's choice

**Soup and Salad (\$5.25)**

Cup of soup of the day with Rainbow Salad

**Soup and Sandwich (\$5.50)**

Cup of Soup with Chef's Selected Sandwich

**Stuffed Baked Potato (\$3.95)**

With your choice of cheese, bacon, sautéed onions, mushrooms, broccoli, butter, and/or sour cream.

*All items on this page served with french fries or cholesterol free potato chips.  
Available with potato salad, pasta salad or coleslaw for .75 extra.*

**"RAINBOW" WRAPS**

**Grilled Chicken Caesar Wrap (\$6.95)**

Tender Breast of Chicken tossed with our homemade dressing, romaine lettuce with tomato and cucumbers in a Tomato-Basil Tortilla Wrap

**Chicken "Black-N-Bleu" Wrap (\$6.95)**

Blackened chicken breast with bleu cheese dressing (on side), lettuce, tomato, cucumbers and alfalfa sprouts wrapped in a Tomato-Basil Tortilla Wrap

**Grilled Shrimp Po Boy Wrap (\$6.95)**

Jumbo Shrimp, Jack cheese with lettuce, tomato, alfalfa sprouts on Tomato-Basil Tortilla

**Vegetarian's Delight Wrap (\$5.50)**

Lettuce, tomato, Provolone, sprouts, green peppers, cucumbers & shredded carrots wrapped in a Tomato-Basil Tortilla & served with ranch dressing

**Spicy London Broil Wrap (\$6.95)**

Thin sliced London Broil with Horseradish Sauce, Cheddar, Lettuce & Tomato

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## BEST BET BURGERS

*Our Deluxe hand formed burgers are 1/2 pound of fresh, 100% extra-lean ground chuck.  
Served with lettuce, tomato, onion, and Kosher-style pickle on a sesame seed bun.*

### **Hamburger or Cheeseburger (\$5.95)**

#### **"Rainbow" Burger (\$6.25)**

Fresh sautéed mushrooms & Swiss cheese

#### **"Black & Bleu" Burger (\$6.50)**

Cajun blackened with Crumbled Bleu Cheese

#### **"Bacon-Cheddar" Burger (\$6.50)**

Crispy bacon and Cheddar cheese

#### **Super Duper Burger (\$6.95)**

Sautéed onions, mushrooms, bacon, and 3 cheeses!

*State law requires that we cook all burgers medium, medium well, or well done.  
Please tell your server your choice.*

## FROM THE GRILLE

### **Grilled or Blackened Chicken Breast Sandwich (\$6.25)**

Grilled chicken breast, sautéed onions, lettuce, tomato & Provolone cheese  
or Blackened with American cheese on a sesame seed bun

#### **The Portabello Club (\$6.50)**

Marinated Portabello mushrooms served with onion, vine ripe tomatoes,  
lettuce, and Jack cheese on a sesame seed bun

#### **Ribeye Steak Sandwich (\$7.25)**

Centercut-Smothered with mushrooms and Provolone cheese on a hoagie roll

#### **Grilled, Lemon-Pepper Salmon Hoagie (\$6.95)**

Served with lettuce, tomato, red onion, side of remoulade sauce, on a hoagie roll

#### **Chicken Cordon Bleu (\$6.25)**

Breaded chicken breast "cutlet" topped with ham and Swiss on sesame bun

## SANDWICH SUITE

### **Chicken Salad Croissant (\$6.25)**

Our special chicken-walnut salad with lettuce & tomato on a flaky croissant

#### **The Combo Sub (\$6.95)**

Your choice of two deli meats, two cheeses, lettuce & tomato on a hoagie roll

#### **Uptown Club (\$6.50)**

Ham, turkey, Monterey Jack cheese, bacon, lettuce & tomato piled high on a  
flaky croissant

#### **French Dip (\$6.25)**

Hot roast beef & Swiss cheese on a hoagie roll with onion soup for dipping

#### **Rueben (\$6.25)**

Corned beef, sauerkraut & Swiss cheese on marble rye, served with  
Thousand Island dressing

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## **Soup and Sandwich (\$5.50)**

Cup of soup with Chef's Selected Sandwich

## **Hot Roast Beef (\$5.85)**

Fresh roast beef with Swiss cheese on warmed marble rye

## **PASTA PLEASURES**

*Served with Garlic Bread*

### **Fettuccini Alfredo (\$7.95)**

The classic! Tossed with cream, butter, sour cream & Parmesan cheese  
*with Chicken or Shrimp (\$9.95)*

### **Steak and Linguine (\$9.95)**

Grilled Flank Steak with Roasted Artichokes, Walnuts and Linguine in a Bleu  
Cheese Cream Sauce

### **Shrimp Scampi al Delussia (\$10.50)**

With sautéed mushrooms, artichoke hearts, garlic & fresh herbs in a white wine,  
whole butter sauce over linguine

### **Chicken Parmigiana (\$8.95)**

Tender Breast of chicken, breaded, topped with marinara & provolone,  
on a bed of linguine

### **Penne with Chicken al Piselli (\$9.50)**

Penne Pasta topped with Grilled Chicken Breast, Garden Peas, Diced Ham in a  
Garlic and Parmesan Cream Sauce

### **Pasta of the Day (Priced Daily)**

*All Pastas served with Side Salad for \$1.00 extra*

## **UPTOWN ENTREES**

*Served with a Side Salad and Fresh Baked Rolls*

### **Grilled 12 oz. Ribeye with Fresh Vegetable Medley & Baked Potato (\$13.95)**

### **Chicken Tender Basket (\$7.75)**

Crisp Fried to a golden brown, served with honey mustard sauce  
French Fries and Cole Slaw (instead of side salad)

### **Grilled, Marinated London Broil (\$10.95)**

(our Secret Marinade - Tender and Juicy!) Served with fresh vegetables and  
Baked Potato

### **Grilled or Blackened, Marinated Breast of Chicken (\$9.95)**

Served with fresh vegetable medley & rice pilaf

### **Grilled Marinated Filet of Atlantic Salmon (\$11.95)**

Served with fresh vegetable medley & rice pilaf

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