



WRAPS

BVD - Hummus, rice, spinach, roasted red peppers, onions, mushrooms, black beans, fontina, tomatoes, and ranch or chipotle mayo dressing in a grilled spinach wrap. 12.99 **V**

SAM N' ELLA - Alaskan salmon filet, baby spinach, onions, cream cheese and horseradish pesto sauce in a spinach tortilla. 16.50

KICKIN' CHICKEN - Grilled cajun chicken, tomatoes, fontina cheese, spinach, ranch or chipotle mayo, wrapped and toasted in a spinach tortilla. 14.99

BLACK & WHITE - Black beans and rice with sautéed onions, tomatoes, baby spinach, mandarin oranges chipotle mayo, grilled in a spinach wrap. 12.99 **V**

MANGO CHUTNEY WRAP - Grilled Chicken, baby spinach, scallions, tomatoes and our mango chutney yogurt dressing in a grilled spinach wrap. 15.99

EAT OR WE BOTH STARVE

SALADS

SWEET POTATO - Roasted sweet potatoes, dried cranberries, avocado, shaved red onions and feta cheese with our own Honey Lemon dressing on a bed of spinach. 16.99

STEAK - Steak, roasted tomatoes, marinated portabella mushrooms, sweet bell pepper, and crumbled feta on a mixed bed of baby spinach & romaine. 20.99

WALNUT - Romaine & Spring mix, candied walnuts, sun dried tomatoes with bleu cheese crumbles. 13.99

SPINACH - Baby spinach, walnuts, seasonal berries, Mandarin oranges, red onions and blue cheese with a raspberry vinaigrette dressing. 16.99

LATER - Mandarin oranges on a bed of spring mix with celery, green onions and our own sweet and sour dressing. 13.50

GREEK - Romaine & Spring mix, Roma tomatoes, cucumber, shaved red onions, bell pepper, crumbled feta cheese & kalamata olives. 16.99

APPLE PEANUT SPINACH - Apple, baby spinach, golden raisins, and peanuts with our own curry dressing. 15.99

ADD...
grilled chicken 8.99
salmon, shrimp or steak. 11.99

APPETIZERS

BRIE WEDGE - candied walnuts, crackers, and honey. 12.99 **V**

ARTICHOKE DIP - tortilla chips & toasted pita. 12.99 served chilled (add veggies + 4.50) **V**

HUMMUS - with feta and roasted red peppers, grilled flatbread and tortilla chips. 12.99 (add veggies + 4.50) **V**

SHRIMP COCKTAIL - 6 king shrimp with housemade cocktail sauce - you earned it! 14.50

BLUESFEST BBQ PORK KETTLE CHIPS - Kettle chips, pulled pork, BBQ sauce, sour cream and green onion with melted cheddar. 14.99

SIDES

FOCACCIA - Large hunk of toasted herb focaccia from Mancini's Bakery. 5.50

GARBANZO BEAN & AVOCADO - with cilantro and lime 5.99 **V**

MAC & CHEESE - Cup 6.99 Bowl 8.99 **V**

3 POTATO SALAD - One potato, two potato, red potato, new potato. 5.29 **V**

CAJUN COLESLAW - Just a hint of pepper and spice. 5.29 **V**

COLESLAW - Our Boss's secret recipe. 5.29 **V**

WWW.LATERALLIGATOR.NET
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