

# Lunch Great Beginnings

## **Freemason Abbey Onion Soup**

Topped with a crostini and Swiss cheese  
Crock - 7 Cup - 6

## **She Crab Soup**

Our award-winning specialty:  
Seasoned blend of lump crab meat and cream  
with sherry  
Bowl - 9 Cup - 8

## **Soup of the Day**

Prepared daily by our chef  
Bowl - 6 Cup - 5

## **Fried Calamari**

Fried calamari rings served with marinara sauce and  
sprinkled with Parmesan cheese - 10

## **Chesapeake Crab Dip**

A creamy lump crab meat blend served with homemade  
crostini - 11

## **Steak Caprese**

Beef tenderloin tips, fresh Mozzarella, grape tomatoes,  
basil pesto and balsamic drizzle - 13

## **Fried Green Tomatoes** ✓

Beer battered, fried and topped with a goat cheese  
crumble and balsamic drizzle - 9

# Greens

## **Abbey Garden Salad** ✓

Romaine lettuce, garden vegetables, Cheddar cheese and  
New York flatbread - 8

## **Seasonal Greens** ✓

Mesclun greens topped with dried cranberries, onions,  
candied walnuts and goat cheese, with raspberry  
champagne vinaigrette - 9

Add your choice of topping to the above salads:

Chicken - 4    Shrimp - 5    Salmon - 6    Tenderloin tips - 6

# Vegetarian

## **Quinoa Garden Burger**

Served on a brioche bun with chimichurri aioli, your  
choice of cheese, sautéed onions or mushrooms.  
Served with fries - 10  
Vegan option - No Bun

## **Curry Vegetable Bowl**

Peppers, onions, broccoli, mushrooms and spinach  
sautéed in a sweet coconut curry sauce over rice - 10

## **Vegetable Penne**

Peppers, onions, broccoli, mushrooms and spinach  
sautéed in a smoked Gouda cream sauce,  
tossed with penne - 13

## **Rice Bowl**

Wild rice, spinach, diced tomatoes, goat cheese, red onion  
marmalade and a chimichurri aioli - 10  
Vegan - No goat cheese, sub roasted red pepper sauce

## **Family Meals To Go!**

**Whole Seafood Quiche with fruit - \$25 (Serves 4)**

**Chicken Asiago, Riverside Salmon, Smoked Gouda Tenderloin Penne,  
Baby Back Ribs, Lobster and Cheese Ravioli**

**Choose two of the above for \$30**

**Choose four of the above for \$60**

*Served with smashed potatoes and vegetable medley. No sides served with pasta dishes*

**Add a crab cake for \$10**

**Add four fresh dinner rolls for \$2**

**Quart of She Crab Soup - \$27**

✓ - Denotes item is vegetarian

Please ask your server for our Gluten Free Menu  
Please inform your server of any food allergies