



LUNCH MENU

Soups, Appetizers & Starters

- Soup du Jour- house prepared daily selection 3 / 5
Tomato Basil Bisque- an amical classic with fresh basil & a touch of cream 3 / 5
French Onion Soup- gratinée-style, baked with melted cheese & croutons 4 / 6
Tomato Soup en Croute- our specialty... baked tomato soup with a puff pastry crust 6
Olive Twists- baked twists of pastry stuffed with feta cheese and tapenade 7
Smoked Whitefish Pâté- fresh scallions blended with light cream cheese & assorted crackers 8
New England Crab Cakes – two sautéed crab cakes served with a sweet chili aioli 12
Sesame Seared Tuna* - rare tuna slices on sesame crackers with wasabi oil & hot mustard 12

Salads...Salads...Salads

- House Greens - bibb and romaine with creamy parmesan or oil & vinegar sm 4 / lg 7
Caesar Salad - classic salad with our superb low fat dressing sm 5 / lg 8
Chicken Caesar Salad - tender chicken added to our classic salad sm 6 / lg 10
- Apple-Walnut Salad
greens & crisp Granny Smith apples tossed in creamy buttermilk gorgonzola dressing sm 6 / lg 10
Blackened Salmon Caesar*
salmon fillet dusted with Cajun spices & served over our classic salad with tomatoes & olives 11
amical Salad
mixed greens with feta cheese, tomatoes & dried cranberries tossed in tomato vinaigrette sm 6 / lg 10
Asian Chicken Salad
marinated chicken, almonds, rice noodles, scallions & carrots with greens in spicy ginger dressing sm 6 / lg 10
(substitute slices of chilled rare sesame crusted tuna slices* & wasabi oil for an additional \$3)
Mediterranean Tuna Salad
albacore tuna with pesto, olive tapenade & red onion over greens & tomatoes with fresh mozzarella slices 11
Chop-Chop Salad
turkey, tomato, mozzarella, bacon, basil & red onion in iceberg with parmesan vinaigrette sm 6 / lg 10
Chicken & Grape Salad
diced breast of chicken, toasted pecans, celery & poppy seed in a yogurt-sour cream dressing 10

Pasta Specialties

- Baked Penne Pasta
oven-baked penne with gruyere, cheddar & Parmigiano-Reggiano seasoned with thyme & garlic 9
add chicken for an additional \$3
Chicken Picatta Linguine
pasta tossed with roasted mushrooms, capers & spinach in a lemon wine butter sauce 12
Penne Rustica-Style
crumbled Italian sausage, tomatoes, basil & calamata olives with garlic and a house-made tomato sauce 11
Ravioli with Pumpkin Cream
cheese-filled pasta served over fresh spinach, garnished with walnut pesto & crème fraiche 12

Amical

Cracker Crust Pizza

- Bacon and White Cheddar Pizza
crisp bacon, farm country white cheddar, caramelized onion and basil on a thin crust 10
- Rustica-Style Pizza
crumbled Italian sausage baked over a thin crust with roasted red peppers & mozzarella cheese 10
- Roasted Vegetable and Chevre Pizza
roasted autumn vegetables topped with goat cheese on a thin crust 10

amical Entrees & Cuisine

- Savory Quiche Lorraine
caramelized onion, crisp bacon, thyme & gruyere cheese in a high crust with fresh fruit garnish 8
- Quiche Du Jour
daily quiche selection chosen by our chefs 8
- Spinach & Bacon Omelet*
fresh spinach, gruyere cheese & crisp bacon rolled in a three egg omelet garnished with fresh fruit 9
- Italian Omelet*
diced tomatoes, mild crumbled sausage & fresh basil topped with a light tomato sauce 9
- Chicken Pot Pie
amical specialty... a creamy filling of chicken, mushrooms, vegetables & herbs with a pastry crust 10
- Chicken & Broccoli Crêpes
two house-made crêpes folded around fresh broccoli, mushrooms, onion & chicken in a creamy sauce 11
- Stuffed Acorn Squash
roasted half squash filled with wild rice, roasted corn, scallions, mozzarella & topped with pepper cream 12
- Oven-Roasted Chicken
one-half bird rubbed with olive oil, garlic & herbes de provence, served with garlic mashed potatoes 11
... or try a quarter bird for only \$7
- Tilapia over Spinach & Mushrooms*
pan-sautéed Tilapia served over baby spinach & portabella mushrooms in white wine, garlic & butter 11
- Curried Salmon with Coconut-Chili Sauce*
sautéed salmon served over our house rice pilaf, fresh vegetables & greens 12
- Pecan Crusted Chicken Breast
sautéed chicken topped with pecans and bleu cheese butter & served with house rice and vegetables 11
- Downtown Express Meal
pair up any of the following for a quick lunch: Soup du Jour/Tomato Basil Bisque/Quiche/House or Caesar 7

Sandwiches & Wraps

- Chicken Caesar Wrapper
our low fat Caesar salad wrapped inside a whole wheat tortilla with tender chicken & tomatoes 8
- Warm Turkey on Focaccia Bread
sliced turkey breast baked with roasted peppers, caramelized onion, fresh basil, mayonnaise & mozzarella 9
- Pastrami-White Cheddar Sandwich
thin sliced pastrami and white cheddar topped with a wholegrain mustard-cherry slaw on focaccia 9
- Croque Monsieur
classic café sandwich... sliced ham, gruyere & Béchamel on sourdough then baked in a hot oven 8
- Roasted Vegetable Wrap
roasted fall vegetables with mozzarella, tomato & spinach in a wheat wrap with balsamic syrup 9

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*CAN BE COOKED TO ORDER:

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness