

Trade Winds Restaurant
Family Lunch Menu

Saturday & Sunday
12:00 - 3:00 p.m.

Sandwiches and Wraps

Grizzly BBQ Sandwich w/ Slaw.....\$7.25
BBQ made here at WTR

BLT Sandwich.....\$4.15
(4) pieces of Bacon, Lettuce, Tomato and Mayonnaise

Turkey Wrap.....\$6.95
(4) slices of Turkey, (2) pieces of Bacon, Choice of Cheese, Lettuce, Tomato and Ranch Dressing

Ham Wrap.....\$6.95
(4) slices of Ham, (2) pieces of Bacon, Choice of Cheese, Lettuce, Tomato and Ranch Dressing

Fried Fish Filet Sandwich.....\$4.15
Fish Filet, Lettuce, Tomato and Mayonnaise

Grilled Cheese.....\$2.35
Choice of Bread and Cheese

Quarter Pound Burgers and Dogs

****Hamburger\$3.25 (Single).....\$4.75(Double)**

****Cheeseburger.....\$3.70 (Single).....\$5.65 (Double)**

****Bacon Cheeseburger.....\$4.50 (Single).....\$7.25(Double)**

Vegan Burger.....\$3.95 (Single).....\$5.85(Double)

Veggie Hot Dog.....\$2.10 All Beef Hot Dog.....\$1.35

Add Chili, Cheese, Kraut or Slaw for an additional \$0.45 Each

Sides

French Fries	\$1.40 (S).....	\$2.10 (L)
Sweet Potato Fries	\$1.40 (S).....	\$2.10 (L)
Onion Petals	\$3.40 (S).....	\$4.15 (L)
Mozzarella Sticks.....	\$3.40 (4).....	\$5.75 (6)
Chicken Tenders	\$3.60 (3).....	\$5.20 (5)
Macaroni and Cheese Bites	\$3.40 (6)	
Fried Mushroom	\$3.40 (9)	

Salads

Tossed Salad	\$2.10
Chef Salad	\$5.95
<i>(Includes Ham, Turkey, Boiled Egg and Cheese)</i>	
Large Caesar Salad	\$4.95
<i>(Includes Romaine Lettuce, Parmesan Cheese and Croutons)</i>	
Grilled Chicken Salad.....	\$6.95
<i>(Includes 6 ounces of Grilled Chicken, Cucumbers, Tomatoes, Onions and Croutons)</i>	
<i>Dressings: French; Fat-Free Ranch; Ranch; Fat-Free Ranch; Golden Italian; Blue Cheese; Caesar; Thousand Island; Balsamic and Fat-Free Raspberry Vinaigrette</i>	

Beverages

Coffee (Regular or Decaf)	\$1.75
Hot Tea, Hot Chocolate or Milk	\$1.50

Fountain Drinks:

Pepsi, Diet Pepsi, Diet Dr. Pepper, Mt. Dew, Mug Root Beer, Sprite, Ice Tea or Pink Lemonade

Small.....\$1.75 Medium.....\$1.85 Large.....\$2.40

You may pay by cash or charge account number. We are unable to accept payment by credit or debit card.

****Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have medical conditions. Our meat and seafood cooking guide is as follows: Rare-Bloody cool center, touch of rawness. Medium Rare-Bloody red, no rawness of meat. Medium-Pink warm center, & Medium Well to Well-Fully Cooked with no redness.**