



# Group Lunch

SELECT ONE ITEM FROM EACH COURSE

## STARTER

DAILY SOUP  
*Chef's daily creation.*

RIC'S SIGNATURE NEW ENGLAND CHOWDER  
*A Ric's Grill traditional recipe, made in-house.*

 **RIC'S ROCKET SALAD**  
*Fresh greens and arugula, cranberries, crumbled feta, sliced almonds and toasted pumpkin seeds with a citrus honey vinaigrette.*

**SIGNATURE CAESAR SALAD**  
*Romaine. Croutons and shaved asiago with Ric's signature dressing.*

 **SPINACH & BEET SALAD**  
*Fresh beets, toasted almonds and sliced apple with house-made poppy seed dressing.*

## MAIN COURSE

 **GOAT CHEESE CHICKEN SALAD**  
*Romaine, spinach, creamy goat cheese, fresh seasonal berries, candied pecans with honey sesame dressing and a grilled chicken breast.*

 **CRAB & SHRIMP MANGO SALAD**  
*Crab and shrimp, baby spinach, fresh mango, strawberries and sunflower seeds with house-made raspberry vinaigrette.*

 **NEW YORK STEAK & FRIES**  
*7 oz Alberta cut Sterling Silver New York strip grilled and served with french fries on garlic toast.*

  **GRILLED WILD SALMON**  
*Grilled Wild Salmon filet with miso topping, served with basmati rice pilaf & fresh seasonal vegetables.*

 **BLACKENED CHICKEN**  
*Blackened chicken breast with sliced avocado and fresh fruit salsa. Served with chef's potatoes and fresh seasonal vegetables.*

**MEDITERRANEAN PENNE PRIMAVERA**  
*Artichokes, spinach, onions, shallots, asparagus, tomato, kalamata olives, garlic, fresh basil, parmesan & goat cheese sauteed in olive oil with penne pasta. Served with garlic toast.*

 **VEGETARIAN**  **GLUTEN WISE**  **OCEAN WISE**

FRESH INGREDIENTS. FRESHLY PREPARED.

GUARANTEED.