

Kate's Simple Eats

LUNCH MENU summer 2024

Open Mon-Sat 8:30am-2:45pm

(508) 748-0042

Order online: www.KatesSimpleEats.com

CLOSED SUNDAYS

Cocktails

Spicy Dog

House infused jalapeno Tito's Vodka, San Pellegrino grapefruit, fresh jalapeno slices.

John Daly

Brewed iced tea, lemonade, Tito's Vodka, lemon wedge.

Tequila Mule

Espolon Tequila, ginger beer, lime.

Ranch Water

Espolon Tequila, lime, soda water

Dark and Stormy

Goslings Dark Rum, ginger beer, lime

Cucumber Soda

Organic Crop Cucumber Vodka, soda water, cucumber

Sandwiches

Hearty White, Multigrain, White Wrap, Wheat Wrap, GF Bread +\$1.75, GF Wrap +\$1.75 Forno Bakery's Rosemary Focaccia +\$2.5

All sandwiches are served with a crisp dill pickle.

Superfood Wrap

11

Black beans, avocado, quinoa, spinach, tomato, red onion, and sweet potato with a jalapeño lime dressing in a whole wheat wrap (Vegan, DF)

Greek Veggie Wrap

10.5

Mixed greens, quinoa, roasted red peppers, cucumber, tomato, red onion, and feta with a cucumber yogurt dressing (V) Add chicken!

Chicken Salad Wrap

11.5

Our tarragon chicken salad, mixed greens, and toasted almonds.

Garden Turkey Wrap

12

Turkey, feta, cucumber, mixed greens, and tomato with an herbed lemon aioli in a wheat wrap.

Tzatziki Chicken Wrap

12.5

Lemon herb marinated chicken, avocado, feta, spinach, cucumber, red onion and tzatziki yogurt sauce

Buffalo Chicken Wrap

12

Chicken, shredded lettuce, diced tomato & American cheese topped with blue cheese dressing and buffalo hot sauce.

Old School BLT

9.5

Applewood smoked bacon, shredded lettuce, sliced tomato and mayo... (DF)

Nance's Tuna

11

Light albacore tuna salad with mixed greens, tomato, and red onion in a wrap or on bread (V, DF)

Turkey Club

13.5

Roasted turkey, applewood smoked bacon, shredded lettuce, tomato & mayo. (DF)

Sesame Chicken Wrap

12

Roasted chicken, shredded carrot, scallion, cucumber, shredded cabbage, and mixed greens with our sesame soy dressing. (DF)

The Italian

13.5

Black Forest ham, salami, provolone, roasted red peppers, shredded lettuce, tomato, mayo and Italian dressing. Served hot or cold.

The Pig & The Rooster

13.5

Chicken, ham, provolone, red onion, and spinach with a spicy cherry pepper aioli. Served cold or grilled in a white or wheat wrap.

Grilled Cheese

7.5

A combination of provolone and American cheeses grilled to buttery perfection on our hearty white. Let us know if you'd like some veggies, ham or bacon added!

Black Bean Wrap

11

Black beans, cheddar, roasted red peppers, spinach, tomato, red onion, and sour cream hit with a blast of Sriracha hot sauce... Served warm or cold. (V) Add chicken or avocado too!

Tuna Melt

11.5

Nance's tuna salad grilled with cheddar cheese on your choice of bread (V) Bacon is a great addition to the tuna melt!

BBQ Chicken Wrap

12

BBQ diced chicken, cheddar, spinach, red onion, tomato, and sour cream grilled in a white or wheat wrap.

Chicken Bacon Blue Wrap

13

Roasted chicken, Applewood smoked bacon, shredded lettuce, red onion, tomato, and a chunky blue cheese dressing. Great cold or warmed on the grill.

Salads

Dressings: Rosemary Balsamic, Chunky Blue Cheese, Jalapeño Lime, Honey Mustard, French Vinaigrette, Tzatziki, Italian, Ranch, Red Wine & Olive Oil, Ginger Sesame

Simple Garden Salad **6 side** **10 full**

A bed of mixed greens topped with cucumbers, tomato & red onion. Your choice of dressing. (Vegan, GF, DF) Chicken and avocado are great additions

Superfood Salad Bowl **14.5**

Baby spinach topped with avocado, black beans, quinoa, sweet potato, red onion, tomato, and toasted almonds with a jalapeño lime dressing. (Vegan, GF, DF)

Chicken Salad on Greens **13.5**

Our tarragon chicken salad over mixed greens, with tomato & toasted almonds. Your choice of dressing. (GF)

Tuna on Greens **13.5**

A scoop of Nance's Tuna served over mixed greens with tomato & red onion with your choice of dressing. (GF, DF, V)

Mediterranean Quinoa Bowl **14.5**

Quinoa, feta, avocado, red onion, cucumber, crunchy roasted chickpeas on a bed of mixed greens with a cucumber yogurt sauce & simple vinaigrette. (GF, V) Chicken is a great addition...

Asian Chicken Salad **15**

Mixed greens, roasted chicken, cabbage, cucumber, carrot, scallions and toasted almonds with a sesame soy dressing.

Check out our daily side salads, pastas, dips and more! Available for the quart too!

**If you need sandwiches and salads for a special gathering, day on the boat or at the beach....
Order ahead! We can have everything packed up and ready to go for you.**

Before placing your order, please inform your server if a person in your party has a food allergy.