



TAKE OUT LUNCH MENU

SOUP

Alta's Soup of the Day

Quart \$10

½ Quart \$5

SALADS

Choice of Housemade Dressings:

Caesar, Citrus & Olive Oil,
Balsamic, Creamy Champagne,
Mint Vinaigrette

Add Grilled Chicken or Shrimp (\$6)

Salmon 4oz (\$6) or 8oz (\$10) to Any Salad

Salad of the Day MP

Mediterranean Salad \$14.50

Romaine Lettuce, Feta Cheese, Tomatoes,
Golden Raisins, Toasted Pistachios, Creamy
Champagne Dressing

Caesar Salad \$13

Romaine Lettuce, Parmesan, Croutons, Anchovies, Caesar
Dressing

Alta Salad \$10

Equinox Farm Mixed Greens
Balsamic Dressing

Quinoa Salad \$14.50

Golden Raisins, Feta Cheese, Carrots,
Hazelnuts, Equinox Farm Arugula,
Mint Vinaigrette

ENTREES

Alta Burger \$13

Beef or Turkey

Served with Lettuce, Tomato, Onion and Cheddar
Add \$1 for each... Caramelized Onions, Blue Cheese,
Vermont Goat Cheese, Smoked Bacon, Mushrooms. Choice
of Hand Cut French Fries or Equinox Mixed Greens

Alta's Quesadilla

Chicken \$12.50

or

Salmon \$15

Beans, Scallions, Pepper Jack Cheese,
Guacamole, Pico de Gallo, Sour Cream

Quiche of the Day \$12.50

With Equinox Farm Mixed Greens

SANDWICHES

Choice of Hand Cut French Fries or
Equinox Mixed Greens

Chipotle Chicken Wrap \$14

Grilled Chicken, Chipotle Aioli, Caramelized Onions, Roasted
Tomatoes, Lettuce,
Chopped Applewood Smoked Bacon

Smoked Salmon Panini \$15

Smoked Salmon, Goat Cheese, Red Onions, Capers, Olive
Oil, Lemon

Sandwich of the Day MP

Gluten Free Wraps and Buns are available

Before placing your order, please inform your server if a person in your party has a food allergy
Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or sprouts may increase your risk of food borne illness, especially if you have certain medical conditions. All take out items should be refrigerated if not consumed soon after pick up.