



LUNCH MENU

SOUP

Alta's Soup of the Day

Cup \$5
Small \$8
Large \$11

SALADS

Choice of House made 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

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

Fall Salad \$14.50

Roasted Delicata Squash, Crumbled Blue Cheese, Dried
Cranberries, Roasted Sunflower Seeds, Equinox Farm
Mixed Greens, Balsamic Dressing

Quinoa Salad \$14.50

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

Green Salad \$10

Equinox Farm Mixed Greens
Balsamic Dressing

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

Chicken Quesadilla \$12.50

or

Salmon Quesadilla \$15

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

Omelette of the Day \$13.50

With Equinox Farm Mixed Greens

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

Turkey Panini \$14

Sliced Smoked Turkey, Cranberry Mayonnaise, Apple,
Cheddar, Spinach

Sandwich of the Day MP

Gluten Free Wraps and Buns are available at no Charge

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.