

# LUNCH MENU



871 West 4th Street  
Winston-Salem, NC  
336-724-7600

## Starters

- Soup of the Day** bowl 7  
**Spinach Dip** 11  
 spinach, artichokes, Feta, toasted pita  
**Buffalo Chicken Dip** 12  
 chicken, Cheddar and Jack cheese, cream cheese,  
 hot sauce; garnished with green onion; served with tortillas  
**Crab Dip** 14  
 lump crab meat, cream cheese, garlic bread  
**Winston's Best Calamari** 12  
 flash-fried calamari, cocktail sauce, spicy remoulade sauce

## Salads

- Dressing Choices: Balsamic, Ranch, Honey Mustard, Blue Cheese,  
 Sesame Ginger, Fat Free Raspberry, Caesar, Herb Vinaigrette,  
 Citrus Vinaigrette. Add avocado to any item below \$3  
**Grilled Salmon Salad** • 17  
 grilled salmon, mixed greens, tomato, Goat cheese,  
 purple onion, candied pecans  
**Grilled Chicken Salad** 15  
 grilled chicken, mixed greens, tomato, cucumber,  
 purple onion, Jack & Cheddar cheese, croutons  
**SW Chicken Caesar Salad** 15  
 sweet & tangy fried chicken, romaine lettuce, black beans,  
 roasted corn, tortilla strips, Parmesan cheese, Caesar dressing  
**Autumn Salad** • 14  
 mixed greens, granny smith & red delicious apples,  
 blue chese crumbles, candied pecans, red grapes,  
 dried cranberries, dried apricots, red onion and  
 mandarin oranges  
 add chicken - 6, salmon - 8, portabella - 4, shrimp - 7

## Entrees

- Shrimp and Grits** 🍤 16 / 26  
 shrimp, andouille sausage, tomato, baby spinach,  
 fried grit cake, chipotle cream sauce, Jack & Cheddar cheese  
**Blackened Chicken Alfredo Pasta** 20  
 blackened chicken, fettuccine pasta with alfredo sauce,  
 garnished with Parmesan cheese  
 Add Shrimp: \$7, Portobello Mushroom: \$4, Broccoli: \$3  
**Blackened Mahi Mahi** 16  
 blackened mahi, remoulade, broccoli  
**Salmon Entree** • 20  
 topped with lemon caper butter, broccoli  
**Tortellini** 13 / 18  
 tri-colored cheese-filled tortellini, caramelized onion,  
 sautéed mushrooms, spinach, roasted red pepper,  
 Parmesan cream sauce, shredded Parmesan cheese  
 Add Chicken: \$6, Shrimp: \$7, Salmon: MP, Steak: \$6

## Sandwiches and Wraps

- Served with a choice of french fries, sweet potato fries,  
 fresh fruit, tomato & cucumber salad, broccoli,  
 sautéed spinach, slaw. Substitute side for bowl of soup \$3  
 Add avocado to any item below or extra avocado for the BALT \$3  
**Grilled Ham and Cheese** 11  
 sub turkey or bacon, choice of sourdough or wheat  
**Build A Burger** • 15  
 ground chuck with choice of Cheddar, bbq sauce,  
 mushrooms, bacon, onion straws, lettuce, tomato, onion,  
 on a potato roll  
**Steak Sandwich** • 16  
 steak, fried onions, Blue cheese crumbles, lettuce, tomato,  
 balsamic caramelized onion aioli, on ciabatta bread  
**BBQ Bacon Grill** 14  
 grilled chicken, bbq sauce, bacon, Jack & Cheddar cheese,  
 lettuce, tomato, on a potato roll  
**Salmon BLT** • 15  
 salmon, bacon, lettuce, tomato, herbed mayo, choice of  
 sourdough or wheat  
**BALT** 14  
 bacon, avocado, lettuce, tomato, herbed mayo, choice of  
 sourdough or wheat  
**Fried Flounder Sandwich** 12  
 fried flounder, slaw, tartar, tomato, on a potato roll  
**Applewood-Smoked Turkey Havarti** 12  
 applewood-smoked turkey, granny smith apples, lettuce,  
 mayo, on ciabatta bread  
**Portobello Wrap** 12  
 portobello mushrooms, squash, zucchini, peppers,  
 baby spinach, caramelized onion, Havarti, basil aioli,  
 in a flour tortilla  
**Turkey, Bacon and Gouda Wrap** 14  
 applewood-smoked turkey, crispy applewood-smoked  
 bacon, smoked Gouda cheese, spring mix &  
 honey dijon mustard wrapped in a garlic herbed tortilla

## Daily Specials

### Tuesday

- Chicken Enchilada** 15  
 grilled chicken in enchilada sauce with cheddar jack cheese  
 in a 12" garlic herb flour tortilla, topped with chipotle cream  
 and pico

### Wednesday

- Jambalaya** 15  
 chicken, shrimp and andouille sausage with Cajun rice in  
 a chicken and white wine broth

### Thursday

- Southwestern Wrap** 15  
 blackened chicken or steak in cheddar jack cheese,  
 spring mix and tomatoes in a 12" garlic herb flour tortilla,

### Friday

- Fish Taco** 15  
 grilled or blackened mahi with spicy coleslaw and  
 pineapple pico on three 6" corn tortillas

Items marked with • are served/offered raw, undercooked or cooked to order.  
 Consuming raw or undercooked meats may increase your risk of foodborne illness.

# WINE LIST

## SPARKLING

	GL	BTL
Freixenet BLANC DE BLANC, Cava, Spain		18
Da Luca PROSECCO, Treviso, Italy	187mL	7
Da Luca PROSECCO, Treviso, Italy		24
Domaine Chandon ROSE BRUT, California	187mL	10
Domaine Chandon ROSE BRUT, California		32
Moet et Chandon Imperial BRUT, Epernay, France		65

## ROSE

	6oz	9oz	BTL
Seaglass, California	9	13	34
Maison Saleya, France	11	15	36

## WHITES

### SAUVIGNON BLANC

Rodney Strong, Sonoma County, California	9	13	34
Jaques Dumont, Loire Valley, France	10	14	35
Brancott, Marlborough, New Zealand	11	18	36

### CHARDONNAY

J. Lohr 'Riverstone,' Arroyo Seco, California	9	13	34
Theoleo, Arroyo Seco, California	12	16	37
La Crema, Sonoma Coast, California	13	17	37
Cakebread, Napa Valley, California			55

### ADDITIONAL WHITES

Ruffino PINOT GRIGIO, Italy	8	12	32
La Torre PINOT GRIGIO, Italy	9	13	34
Toucas VINHO VERDE, Portugal	9	13	34
Chateau Ste. Michelle RIESLING, Columbia Valley, Washington	8	12	32
Villa Pozzi MOSCATO, Sicily, Italy	8	12	32

## REDS

### PINOT NOIR

Boen Tri-County, California	12	16	37
Meiomi, California	13	17	37
Belle Glos Dairyman Vineyard, Russian River Valley, California			72

### CABERNET SAUVIGNON

J. Lohr 'Seven Oaks,' Paso Robles, California	11	15	36
Liberty School, California	12	16	37
Jordan, Alexander Valley, California			80

### ADDITIONAL REDS AND BLENDS

Belasco de Baquedano 'Llama' MALBEC, Mendoza, Argentina	10	14	35
Killer Drop RED BLEND, Napa Valley, California	11	15	36
Unshackled by the Prisoner Wine Co. RED BLEND, California	12	16	37
Threadcount by Quilt RED BLEND, California	13	17	37
J. Lohr 'Los Osos' MERLOT, Paso Robles, California	11	15	36
Cakebread Cellars MERLOT, California			70

## DESSERTS

Warm Chocolate Bourbon Pecan Pie	7.00
Served with ice cream	
Strawberry Dream Cake	8.00
Ultimate Hot Fudge Brownie	6.00
Served with ice cream	
Chocolate Lava Cake	5.00
Served with ice cream	
Cheesecake	10.00

**ASK YOUR SERVER ABOUT OUR SEASONAL DESSERTS**