

A RESTAURANT & BAR

SEASON'S BEST



# L U N C H F A R E

## Salads

### SEASON'S GREENS

With choice of dressings: Harriet's French, Maytag Blue, Creamy Pepper Bacon, Dijon Poppyseed or Orange Dill Vinaigrette. 2.95

### SPINACH SALAD

With red onions, mushrooms and croutons. Choose Creamy Pepper Bacon or Dijon Poppyseed dressing. 3.95

### CAESAR SALAD

Romaine lettuce tossed with croutons, parmesan cheese, capers, artichoke heart and our own Caesar dressing. 4.50

### ALBACORE TUNA

On fresh spinach and carrots with Dill Vinaigrette. With cottage cheese and vegetable garnish. 4.75

### THAI PEANUT CHICKEN SALAD

Grilled marinated chicken breast served on Oriental Noodles with spicy peanut sauce and vegetable garnish. 5.95

### CHEF SALAD

With smoked turkey, ham, tomatoes, cucumbers and hard boiled egg with your choice of dressing. 4.75

### COBB SALAD

With blackened chicken, Amana bacon, sprouts, tomatoes, hard boiled egg, monterey jack and blue cheese with your choice of dressing. 5.95

## Chicken & More

### THAI CHICKEN

Grilled chicken with spicy Thai peanut sauce. Served with rice pilaf and the vegetable of the day. 5.95

### CHICKEN ALMOND ENCHILADAS

In flour tortillas topped with green chili sauce and served with spiced blackbeans. 4.95

### MARINATED CHICKEN BREAST

Chicken breast marinated in a lemon mustard sauce, then grilled and served in a croissant with fresh spinach and cabbage slaw. 5.95

### BLACKENED CHICKEN BREAST SANDWICH

Grilled and served on french bread with cajun mayonnaise and home fries. 5.50

### RR2 CHICKEN POT PIE WITH PHYLLO CRUST

With Season's greens. 5.25

### SOUTHWEST CHICKEN BREAST

Grilled then topped with jack cheese and salsa served with spiced blackbeans and crisp tortillas. 5.25

## Between Bread

### PRIME RIB SANDWICH

Served on french bread with grilled red onions, horseradish sauce, jack cheese and home fries. 5.25

### SMOKED TURKEY SANDWICH

Northeast Iowa smoked turkey served warm on herb bread with red onions and mayonnaise. Served with fresh spinach and cabbage slaw and our baked beans. 4.95

### TUNA PITA

Albacore Tuna mixed with shredded cucumber, radish, carrot and red onion with dill mayonnaise. 4.75

### GRILLED FISH OF THE DAY SANDWICH

On french bread with lettuce, tomatoes and red onions with fresh spinach and cabbage slaw. 6.25

### MEATLOAF SANDWICH

Our own unique recipe served on tomato cheese bread with our baked beans, and fresh spinach and cabbage slaw. 4.50

### HAM AND SWISS CROISSANT SANDWICH

Dyersville smoked Iowa ham with honey mustard served with fresh spinach and cabbage slaw. 5.75

### BONELESS BARBEQUE RIB SANDWICH

On French bread with our Alabama BBQ sauce and our baked beans. 4.95

### GRILLED PORK TENDERLOIN SANDWICH

On multigrain bread with honey mustard and our baked beans. 5.25

### REUBEN SANDWICH

On pumpernickel bread with sauerkraut and Thousand Island dressing with home fries. 5.25

### BEST BURGER

80% lean with lettuce, tomato, red onion and home fries. 4.25  
Choose sauteed mushrooms, bacon, swiss or monterey jack cheese for an extra 25¢ each.

## Light or Lively

### VEGETARIAN STIRFRY

Fresh shiitake mushrooms and vegetables in oriental blackbean sauce on rice with chicken. 4.25

### CHICKEN AND VEGETABLE STIRFRY

Same as above with chicken breast. 5.25

### BRIE STUFFED BLUECORN CREPES

With fresh tomato balsamico. 3.95

### JAMBALAYA

Grilled chicken, smoked sausage and shrimp in spicy tomato sauce served on rice. 5.25

### SHRIMP AND CRAB IN PHYLLO

With sweet and hot dipping sauce. 4.95

### GRILLED VEGETABLES

Served with fried polenta and fresh tomato balsamico. 4.25

## Sides

FRESH SPINACH & CABBAGE SLAW .85

OUR OWN BAKED BEANS .95

OVEN ROASTED HOME FRIES .85

FRESH VEGETABLE OF THE DAY .95

SIDE SALAD 1.25

# S P E C I A L S

L U N C H

J A N . 28



**AMANA BACON LEEK CHOWDER**  
**WHITE BEAN AND CHICKEN CHILI**

**CUP      BOWL**  
1.50      2.50



**GRILLED LEBANESE CHICKEN SALAD**

*on a chiffonade of fresh spinach with tahini dressing and toasted sesame seeds* 5.95

**SOUTHWESTERN BEEF TENDERLOIN SALAD**

*with chili - cilantro vinaigrette and avocado slices* 6.25

**IOWA VENISON SHEPARD'S PIE**

*with Season's greens* 7.95

**WILD MUSHROOM STRUDEL**

*with vegetable of the day and Season's greens* 6.25

**CURRIED CHICKEN AND ARTICHOKE PIE WITH SPINACH - RICE CRUST**

*with julienned vegetables and Season's greens* 6.25

**FRESH WALLEYE FILET**

*with hazelnut beurre blanc, wild rice pilaf and Season's greens* 7.50

**FRESH EGG LINGUINE**

*with shrimp, pepperocinis and Greek olives in lemon caper sauce* 11.95



**CHOCOLATE, CARAMEL AND WHITE CHOCOLATE MOUSSE TERRINE ON RASPBERRY PUREE** 3.45

**CHOCOLATE TRUFFLE CHEESECAKE** 2.95

**LIME KIWI CHEESECAKE** 2.95

**CHOCOLATE IRISH WHISKEY CAKE** 2.95

**ESPRESSO FLAN** 2.95

**PEAR RASPBERRY PIE A LA MODE** 3.45

**CHOCOLATE PEANUT BUTTER PIE** 2.95

**IRISH CREAM MOUSSE** 2.95

**BREAD PUDDING WITH JACK DANIEL'S SAUCE** 2.95

**ULTIMATE CHOCOLATE CAKE** 2.95

**MOZART HAZELNUT TORTE** 2.95

U.A. - A.C.  
Bar/Grill

*At  
Season's Best  
we strive to bring you  
food that is the highest quality  
available and compatible with the season.  
Much of our produce and our meats are  
independently raised by local Iowans. Our pork  
products are low in nitrates and we try to  
obtain as much organic produce as possible.  
Our goal is to take these fine ingredients  
and create an exciting meal for you.*

*325 East Washington Street  
Iowa City  
Iowa*