

THE HEIGHTS

Lighter Fare, Sandwiches & Salads

Add a cup of soup or mixed green salad, 2²⁵

👉 Steamed Mussels in Creamy Garlic & Wine w. Fries & Aioli 13⁵⁰

Crab & Shrimp Mac 'n Cheese 14⁹⁵

*Spinach & Goat Cheese Quiche w. Green Salad 9⁹⁵

Grilled Burger (9 oz) 9⁹⁵ Turkey Burger 9⁹⁵ *Veggie Burger 8⁷⁵

(Add Swiss, Cheddar, Provolone, Blue Cheese, Bacon, Sautéed Onions & Mushrooms or Avocado, \$.75. Add Chili, \$1)

Heights Burger (12 oz) Stuffed w. Swiss & Cheddar; Topped w. Caramelized Onions 12⁹⁵

*Portabella & Eggplant Sandwich w. Feta & Sun-Dried Tomato Pesto 9⁷⁵

Chipotle Fried Chicken Sandwich w. Bacon & Swiss 9⁹⁵

Crab Cake BLT w. Provolone & Tartar Sauce 11⁵⁰

Above sandwiches served w. Hand Cut Fries or Cole Slaw

Big Chopped Salad w. Chicken & Szechwan Vinaigrette 14⁹⁵

(Sub Salmon or Shrimp, \$4; Sub Tofu, No Charge; Available Vegetarian)

Blackened Crab Cake Salad w. Orange Vinaigrette 11⁵⁰

Grilled Steak Salad w. Potatoes & House-Made Blue Cheese Dressing 10⁹⁵

*Indicates Vegetarian Item

The Heights serves only local and all-natural steak, poultry and dairy products; as well as local produce when in season and filtered water.

Weekday Lunch, Noon - 5 pm • Daily Happy Hour, 4 - 7 pm • Sat, Sun & Holiday Brunch, 9 am - 4 pm
children's menu available • please inform your server of any food allergies
18% gratuity will be added to parties of 9 or more • limit 3 credit cards per table

Starters

Buffalo Wings w. Blue Cheese Dressing sm 7⁹⁵ lg 10⁹⁵

Buffalo Chicken Sliders w. Onions & Provolone 7⁹⁵



*Crispy Green Beans w. Horseradish Aioli 5⁹⁵

*Garlic Hummus w. Pita 5²⁵

*Sun-Dried Tomato Hummus 5⁵⁰

*Guacamole & Salsa w. Chips 4⁹⁵

*Hummus Platter (both flavors) w. Onions, Tomatoes, Olives & Pita 8⁹⁵

*Portabellas Grilled & Stuffed w. Sun-Dried Tomato Pesto & Feta 7⁹⁵

*Nachos w. Black Beans & Cheese (Add Chicken \$2 or Chili \$3) 7⁹⁵

*Fried Green Tomatoes w. Peach Relish 6⁹⁵

*Cheese Quesadilla w. Salsa & Sour Cream 6⁵⁰

With Chicken...7⁵⁰ *Spinach & Goat Cheese...7⁹⁵

Extras: Guacamole, 2.00...Salsa, Pita or Chips, 1.50



Ginger Calamari, Flash Fried sm 7⁹⁵ lg 14⁹⁵

Fried Calamari w. Marinara sm 7⁷⁵ lg 14²⁵

↪ Steamed Mussels in Creamy Garlic & Wine 7⁹⁵

↪ Buffalo Shrimp w. Blue Cheese Sauce sm 8⁷⁵ lg 12⁷⁵

Lump Crab Cake, Pan Sautéed 8⁹⁵

Salads & Soups

*Mixed Greens & Jicama w. Orange Vinaigrette 4²⁵

Caesar Salad w. Homemade Croutons 4⁹⁵

*Spinach Salad w. Goat Cheese, Walnuts & Orange Vinaigrette 7⁹⁵

Iceberg Wedge w. Blue Cheese & Bacon 7⁷⁵

*Grilled Romaine w. Blue Cheese, Tomato & Olive Vinaigrette 7⁹⁵

*Arugula "Greek" Salad w. Feta & Herb Vinaigrette 7⁷⁵

To any salad: Add Chicken \$3, Salmon \$5, Shrimp \$5, Tofu \$3

*Gazpacho 3⁵⁰ / 5²⁵ Chicken Tortilla 3⁷⁵ / 5⁵⁰ Beef Chili 3⁷⁵ / 5⁵⁰

Dinners

All served with mixed green salad. Other salads available for a small upcharge.

Boneless Southern Fried Chicken w. Garlic Mashed & Caramelized Onion Gravy 15⁷⁵

Grilled Chicken Kebobs w. Grilled Vegetables, Rice & Roasted Red Pepper Sauce 13⁹⁵

Crispy Chicken Paillard & Mozzarella w. Polenta & Lemon-Garlic Sauce 14⁹⁵

Blackened Chicken Pappardelle in Parmesan Cream Sauce 13⁹⁵

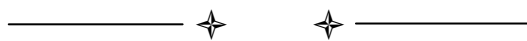


Classic Meatloaf w. Garlic Mashed & Caramelized Onion Gravy 13⁹⁵

Skirt Steak in Mojo w. Plantains, Asparagus & Chimichurri 18⁹⁵

Steak & Cake Grilled Sirloin Au Jus & Crab Cake w. Hand Cut Fries 26⁹⁵

Grilled Sirloin Au Jus (10 oz) w. Hand Cut Fries 19⁹⁵



↪ Fish & Chips, Tilapia & Hand Cut Fries w. Lime-Cilantro Tartar Sauce 15⁹⁵

↪ Horseradish Crusted Tilapia w. Portabella, Sautéed Spinach & Miso Aioli 18⁵⁰

↪ Sautéed Shrimp & Grits w. Andouille Sausage & Garlic-Tomato Sauce 15⁹⁵

↪ Grilled Salmon w. Garlic Mashed or Rice & Roasted Tomato Sauce 18⁵⁰

Pan-Sautéed Lump Crab Cakes w. Fries or Slaw & Lime-Cilantro Tartar Sauce 18⁹⁵



*Saffron Orzo "Risotto," w. Portabella, Swiss Chard & Roasted Tomato Sauce 14²⁵

*Grilled Tofu & Mixed Vegetables w. Garlic Broccoli & Sun-Dried Tomato Pesto 12⁹⁵

Blacken any protein, 1.50

Sides

Hand Cut Fries / Garlic Mashed...3²⁵

Jasmine Rice...2²⁵

Sautéed Spinach / Grilled Vegetables / Garlic Broccoli / Grilled Asparagus...3⁵⁰

Sautéed Mushrooms / Saffron Orzo...3⁷⁵

All sides above vegetarian. Choose 3 from above, 11⁵⁰ (Includes green salad)

Chili Cheese Fries...4⁹⁵

Crab & Shrimp Mac 'n Cheese...5⁹⁵



Indicates item sourced from sustainable fisheries.

Desserts

- Brownie Sundae w. Caramel Pecan Sauce 5⁹⁵
Mango Key Lime Pie - "Our EatWell Signature Dessert" 6⁵⁰
Warm Apple Crisp w. Vanilla Ice Cream 6⁵⁰
Warm Chocolate Bundt Cake w. Vanilla Ice Cream 6²⁵
Vanilla Ice Cream 3⁹⁵

Coffee Selections

<u>HOT</u>		<u>ICED</u>	
Coffee, Regular or Decaf	2 ⁵⁰	Coffee	2 ⁷⁵
Espresso / Double	2 ²⁵ / 2 ⁹⁵	Latte / Mocha	3 ⁵⁰
Cappuccino	3 ⁵⁰	Americano	2 ⁷⁵
Latte / Mocha	3 ⁵⁰	Chai	3 ²⁵
Americano / Macchiato	2 ⁵⁰		
Au Lait / Hot Chocolate	2 ⁵⁰	<u>Milks:</u> Skim, Soy	
Chai	3 ²⁵	<u>Flavors Shots \$0.30</u>	
Tea	2 ²⁵	Vanilla, Caramel, Hazelnut	
		Extra Shot \$0.50	

Fruit Smoothies

- Pom Pleasure...6⁵⁰
Pineapples, Blueberries & Bananas w. Pom & Mango Juices
Multi-Tastic...5⁹⁵
Strawberries & Bananas w. Mango, Apple & Orange Juices
Morning Glory...5⁹⁵
Strawberries & Bananas w. Low Fat Yogurt & Apple Juice
Life's A Peach...5⁹⁵
Peaches & Strawberries w. Mango Juice, Peach Nectar & Low Fat Yogurt
Add Whey Protein, 1⁵⁰ (20 grams of protein/serving)
Spike It! Add Vodka, Rum or Tequila to any smoothie...\$3

Non-Alcoholic Bottled Beverages

- Root Beer or Cherry Cola, Sprecher (16 oz) 2⁹⁵ Lemon Iced Tea, San Benedetto (17 oz) 2⁵⁰

We provide free wifi for your convenience. Please be mindful of your surroundings. We are not responsible for any damages.
Underground parking available at DC USA for \$1.50/Hour. Present your parking ticket for \$1 off at lunch, \$2 off at dinner.
Please refrain from cigar smoking on the patio.

Takeout & Delivery Available.


Order online for delivery @ expressentree.com or finefood2u.com.

Order online for pickup @ gomobo.com or seamlessweb.com.



This menu printed on recycled paper.
We use only recycled or recyclable paper, plastic & bath products.

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Sweet Potato Bars
Apple Sweets
Carob Bears
All Organic, All \$2