







Starters

Spinach Artichoke Fondue Served with Blue Chips 	\$9
Chorizo Meatballs Served with Jalapeno-Lime Dipping Sauce 	\$7
Stuffed Mushrooms Stuffed with a Trio of Cheeses	\$7
Blackened Ahi Tuna Salad Served with Grilled Pineapple, Arugula, Honey Vinaigrette & Wasabi Aioli 	\$12
Prosciutto Apple & Arugula Wraps Served with our Homemade Balsamic Vinaigrette 	\$7
Cheese Plate for Two Reggiano Parmesan, Blue & Brie served with Almonds, Dried Fruit 	\$12
Cheese Quesadilla	\$7
add Chicken	\$9
Rojo Shrimp Pan Fried Shrimp on a Bed of Homemade Coleslaw with Red Pepper Sauce	\$12
Antipasta Plate Served with Marinated Roasted Tomatoes, Prosciutto, Reggiano Parmesan & House Salad 	\$12

Soups & Salads

(Add NoOodle to any Soup Bowl or Salad for \$2)

Soup of the Day	Cup \$5 / Bowl \$7
Tofu Vegetable 	Cup \$5 / Bowl \$7
Gazpacho 	Cup \$5 / Bowl \$7
House Starter Salad Goat Cheese, Arugula & Romaine, Pine Nuts, Grape Tomatoes, Fire-Roasted Red Peppers & Kalamata Olives tossed with Balsamic Vinaigrette 	\$7
Jewel Salad Hanger Steak, Boston Lettuce, Gorgonzola, Blue Cheese, Hearts of Palm, Grape Tomatoes, and Sliced Avocado served with Honey Vinaigrette 	\$14
Caesar Salad Romaine Lettuce and Homemade Croutons tossed with Caesar Dressing	\$6
add Grilled Chicken	\$8
Grilled Teriyaki Salmon & Spinach Salad Served with Fresh Strawberries, Almonds, Pecans & Dried Fruit, served with Ginger-Lime Dressing 	\$19
Mediterranean Chicken Salad Goat Cheese, Arugula, Romaine, Pine Nuts, Grape Tomatoes, Fire-Roasted Red Peppers, Grilled Chicken & Kalamata Olives tossed with Balsamic Vinaigrette	\$12
Soup & Half Salad cup of Soup served with Caesar or Mediterranean Chicken Salad	\$10

Burgers, Sandwiches & Wraps

(served with roasted red potatoes, home made coleslaw, & fresh fruit)

Soup & Half Sandwich Cup of Soup served with 1/2 Healthy Turkey or Tuna Salad Sandwich	\$11
Gourmet Burger Grilled Angus Burger with Melted Brie Cheese & Grilled Bermuda Onion served on a Toasted Wheat Bun	\$13
Healthy Turkey House Roasted Turkey, Arugula, Tomato, Balsamic Vinaigrette & Pecan-Honey Mascarpone on Nine Grain Bread	\$10
Coco's Favorite Hanger Steak, Marinated Roasted Tomatoes, Fresh spinach, Tomato-Garlic Aioli & Melted Reggiano Parmesan on a Grilled Onion Ciabatta	\$13
Tuna Salad Sandwich Fresh Ahi Tuna Salad made with a little Mayo and Roasted Red Peppers, Sliced Tomatoes, Boston Lettuce, Sliced Onions & Melted Swiss Cheese on Nine Grain Bread	\$11
Poor Boy Sandwich Rojo Shrimp, Tomato, Onion, Boston Lettuce and Spicy Mayo on an Onion ciabatta	\$18
Chicken & Brie Wrap Grilled Chicken, Brie Cheese, Grilled Apple Batons, Arugula & Honey Vinaigrette wrapped in a Wheat Tortilla	\$12

At Lincolnshire Gourmet all of our food is homemade, with Fresh ingredients and no preservatives. Creativity makes our food healthy & uniquely delicious! Terri Rogers (Founder & proprietor)

 **Gluten Free**



NoOodle Entrees

A noodle derived from yam plants & embraced by Asian cultures for centuries

Sauteed Shrimp Served with Roasted Tomatoes, Red Peppers, Red Onions & Parmesan Cheese in a Light White Wine Sauce	\$18
Crunchy Chicken Served with Carrots, Onions, Red Peppers & Mushrooms, Cilantro & Chopped Peanuts in a Spicy Ginger Soy Sauce	\$16
Teriyaki Steak Served with Squash, Red Peppers, Onions, Mushrooms, Fresh Basil & Pine Nuts with Teriyaki Sauce on the side	\$19
Grilled Salmon Served with Sauteed Spinach, Garlic, Avocado Relish & Olive Oil	\$20
Ultralite Primavera Served with Spinach, Red Peppers, Yellow Squash & Carrots in a Garlic Cream Sauce	\$11

Make Your Own NoOodle Creation

Choose Spicy or Mild

Choose Sauce Ginger Soy, Teriyaki, Olive Oil & Sea Salt, or Marinara

Choose 4 Spinach, Carrots, Tomatoes, Roasted Tomatoes, Yellow Squash, Mushrooms, Onions, Red Peppers or Peas

Choose 2 Peanuts, Cilantro, Fresh Basil, Pine Nuts, Parmesan Cheese, Goat Cheese, Blue Cheese, Fresh Mozzarella, or Avocado

Make Your Own Entree \$11
add Chicken \$5, Tofu \$6, Shrimp \$7, Salmon \$9, Ahi Tuna \$10, Steak \$10

Entrees / Pasta

(Substitute Traditional linguini with NoOodle for \$2)

Chicken Vesuvio Served with Roasted Red Potatoes	\$14
Blackened Tilapia Served with Basmati Rice & Pico de Gallo	\$17
Beef Tenderloin Filet Served with Roasted Red Potatoes, Spinach & Gorgonzola Aioli	\$27
Cajun Salmon Served with Basmati Rice & Avocado Relish	\$19
Chicken Carbonara Served with in a Light White Cream Sauce served over Linguini with Peas, Onions & Bacon	\$14
Shrimp Parmesan Served with Marinara Sauce, Melted Parmesan & Mozzarella Cheese over Linguini	\$17
Lobster Ravioli Prepared with a Tomato Cream Sauce	\$15
Shrimp Pasta Served with Linguini in a Vodka Cream Sauce served with Bacon, Spinach & Mushrooms	\$17

Kids

Whole Wheat Cheese Pizza for 2 Featuring our Whole Wheat Paper Thin Crust	\$6
Baked Penne with Marinara Sauce & Parmesan Cheese	\$5
Grilled Cheese Served with Fresh Fruit	\$5
Say Cheese, Pleeze! Mini Pearl NoOodles with Cheesy Sauce	\$6
Mama Mia Marinara Angel Hair NoOodles with Marinara Sauce & Melted Parmesan	\$6

Pizza

(Whole Wheat Paper Thin Crust)

Chicken Pesto Pizza Pesto Sauce with Mushrooms & Mozzarella Cheese	\$8
Vegetarian Pizza Mozzarella Cheese, Goat Cheese, Squash, Carrots, Onions, Red Peppers & Mushrooms	\$8