

APPETIZERS

Gluten Free bread available 1.50

ARTICHOKE DIP 13

Roasted garlic, artichoke hearts, spinach, fresh herbs and cheeses baked. Served with tri-colored corn tortilla chips.

FRIED CALAMARI 14

A julienne cut of calamari filets floured and fried with banana peppers. Served with homemade red sauce & chipotle aioli.

STUFFED BANANA PEPPERS 13

Banana peppers stuffed with chorizo, house-made Italian sausage, mozzarella, and parmesan over Grandma D's red sauce.

OLIVE CROSTINI 14

Toasted baguettes drizzled with balsamic glaze. Served with olive tapenade made with imported olives, tomatoes, garlic and parmesan cheese.

CRAB CAKES 16

Premium lump blue crab mixed with fresh herbs and cheeses, lightly coated with panko bread crumbs.

ROASTED RED PEPPER HUMMUS 9

Our homemade roasted red pepper hummus made from garbanzo beans and tahini pureed with sesame oil, lemon and garlic. Served with toasted pita points.

DAILY HOME-MADE SOUPS

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CUP 6 / BOWL 8

CUP OF SOUP & SALAD OR 1/2 SANDWICH 12

Choice of ham, turkey, BLT, corned beef or tuna fish with lettuce, tomato and cheese on your choice of white, wheat or rye toast. Choose between our house or Caesar salad.

SALADS

HOMEMADE DRESSINGS – Honey Balsamic, Tomato Basil Vinaigrette, Red Wine Vinaigrette, Creamy Gorgonzola, Ranch, Honey Dijon Vinaigrette, Lemon Basil Vinaigrette

NOREEN SALAD 14

Arugula, strawberries, almonds, feta, apples and balsamic onions.

SHEILA'S SALAD 14

Mixed field green salad with gorgonzola cheese, apples, tomatoes, sunflower seeds and raisins.

CAESAR SALAD 12

Crisp romaine with a classic creamy Caesar dressing, shaved parmesan and house croutons.

SPINACH SALAD 14

Dried cranberries, balsamic marinated red onion, bacon, sugared pecans, tomatoes and gorgonzola cheese.

PEAR GORGONZOLA SALAD 14

Mixed field greens, pecans, sliced pears, gorgonzola cheese and roasted red peppers.

ROASTED BEET & ARUGULA SALAD 14

Fresh arugula, crumbled goat cheese, roasted beets, walnuts and tomatoes tossed in our honey Dijon vinaigrette.

PRAIRIE FIELD SALAD 14

Roasted vegetables over baby greens, fresh tomatoes and a sautéed feta cheese crouton.

HOUSE SIDE SALAD 6

Our house salad made with fresh field greens, carrots, cucumber, red onion and tomato.

ADD – FREE RANGE CHICKEN BREAST 4 – FRESH NORWEGIAN SALMON 9 – PRIME NY STRIP STEAK 9 – FOUR TIGER SHRIMP 8 – TOFU 4

DINA'S CLASSICS

SUMMER SALAD PLATE 14

House made tuna and chicken salad served over Bibb lettuce with beefsteak tomatoes and fresh berries.

VEGGIE IV 12

Fresh field greens, feta cheese, tomatoes, raisins, sunflower seeds and walnuts tossed with our tomato basil vinaigrette in a wheat pita.

CURRIED CHICKEN 14

Our homemade curried chicken salad with chicken, grapes, almonds, celery and pineapple served in your choice of plain, spinach, red pepper wrap, or wheat pita. Served with a side of fruit or house salad.

THAI CHICKEN 15

Grilled chicken breast, cabbage, carrots, onion, mango, cilantro and peanuts tossed with a Thai peanut dressing and rice noodles.

BUILD YOUR OWN GRAIN BOWL 11

A house blend of ancient grains tossed with the choice of three (3) ingredients and one (1) dressing: Pears, apples, candied pecans, beets, fresh berries, cucumber, tomato, red onion, shaved almonds, feta cheese, goat cheese, walnuts, sunflower seeds. Add an ingredient for 0.75

Honey Balsamic, Tomato Basil Vinaigrette, Red Wine Vinaigrette, Honey Dijon Vinaigrette, Lemon Basil Vinaigrette

MAHI-MAHI TACOS 15

Blackened or EBC beer battered mahi-mahi with cilantro lime aioli, shredded sriracha slaw, Pico de Gallo in flour tortillas. Served with tri-colored corn tortilla chips.

SOUTHWEST CHICKEN WRAP 14

Grilled chicken, rice, black beans, avocado, roasted red peppers, chipotle pesto and cheese wrapped in a grilled tortilla. Served with a side of sour cream, salsa and tri-colored corn tortilla chips.

MAC & CHEESE 12

Our homemade macaroni and cheese.

CHICKEN QUESADILLA 12

Roasted chicken, cheddar-jack cheese, black bean & corn salsa. Served with a sour cream and salsa.

LEMON THYME CHICKEN 14

Marinated grilled chicken breast in a lemon and white wine sauce. Served with wild rice and grilled asparagus.

SANDWICHES

Choice of sides: Homemade Chips, Pasta Salad, House Cut French Fries, or Green Salad

THE COLORADO VEGGIE BURGER 13

A healthy blend of nuts, cheese, sunflower seeds, black beans and fresh herbs on a toasted wheat roll with lettuce, tomato & chipotle aioli.

DINA'S BURGER 14

An 8oz. Angus burger grilled to perfection topped with your choice of cheese, Bibb lettuce, beefsteak tomato and onion on a toasted sesame bun. Add Bacon 1.50

TURKEY BURGER 13

A grilled turkey burger with avocado, smoked gouda and tomato on a toasted yogurt-wheat roll.

REUBEN 13

Dina's slow-roasted corned beef, sauerkraut, Swiss cheese and Thousand Island dressing.

TUNA MELT 13

White albacore tuna salad with beefsteak tomatoes and cheddar cheese grilled on marble rye bread.

CAPRESE CHICKEN PANINI 14

Italian-marinated chicken breast, fresh mozzarella, basil, beefsteak tomato & balsamic reduction on Italian panini bread.

CALIFORNIA CLUB 14

Traditional turkey club sandwich made with smoked bacon, Bibb lettuce, beefsteak tomato, avocado and your choice of cheese. Served on wheat-berry bread.

SALMON SANDWICH 16

Fresh salmon grilled and topped with olive tapenade. Served on a ciabatta roll with lettuce and tomato.