

Minervas

TRAVERSE CITY LUNCH MENU

300 East State Street
Traverse City, MI 49686
231.946.5093

Minervas

Homemade Quiche of the Day

A classic lunch, made daily with the freshest ingredients, egg and cream, baked in a flaky pie crust. Served with fresh fruit, muffin and yogurt. 7.59

Salads & Soup

Served with bread.

Grilled Chicken Caesar

Romaine, creamy Caesar dressing, croutons, red onions, fresh Parmesan cheese, toasted almonds and grilled chicken breast. 8.99

Grilled Salmon Caesar 9.99

Apricot Chicken Salad

Romaine lettuce, fresh apricots, mushrooms, cherry tomatoes, mint leaves, toasted almonds, seasoned chicken breast, with orange apricot dressing. 9.99

Blackened Salmon Salad

Spring mix greens and spinach topped with bronzed fresh Atlantic salmon, spicy pecans, peppers and onions, sliced egg and Roma tomatoes, with honey mustard dressing. 9.99

Chicken Salad Fruit Plate

Toasted half English muffin topped with our fresh chicken salad, cheese, tomatoes and pickles. Served with summer fresh fruit. 8.99

Raspberry Chicken Salad

Spring mix greens with grilled chicken, roasted cashews, fresh tomato, peppers, mushrooms, red onion and raspberry vinaigrette. 8.99

Minervas Bottomless Italian Salad

Salad greens with Roma tomatoes, red onions, Italian olives, salami and Parmesan cheese with our Italian herb dressing. (per person) 7.99

Picnic Chef Salad

Romaine lettuce with warm breaded chicken breast, ham, cheese, croutons, dried cherries and assorted vegetables. Served with ranch dressing. 8.59

Cranberry Pecan Spinach Salad

Fresh spinach with a cranberry orange vinaigrette, garnished with dried cherries, red onions, Mandarin oranges, gorgonzola cheese and spicy pecans. Topped with grilled chicken breast. 9.59

Southwest Chicken Salad

Grilled chicken, mixed greens, tomato, cucumber, roasted corn black bean salsa, Pepper Jack cheese, cilantro lime vinaigrette, bistro sauce and haystack onions. 8.99

Very Berry Salad

Crisp romaine greens topped with marinated chicken breast, cherry tomatoes, caramelized pears, a variety of fresh berries and feta cheese. Served with a mango-chardonnay dressing. 9.59

White Chicken Chili

Minervas award-winning white chicken chili is prepared with a cream base, a blend of cheeses, great Northern beans and seasoned chicken.

Cup 2.99 Bowl 3.99

Soup of the Day

Cup 2.99 Bowl 3.99

Select a Luncheon

Create your favorite luncheon combination. Select two from the following. 7.99

Half Sandwich

Choose from Chef's Feature, Club Sandwich, Chicken Salad Croissant or Turkey Bacado

Soup

A bowl of today's soup or White Chicken Chili

Fresh Fruit Platter

Seasonal fresh fruit and cheese

Half Salad

Choose from Minervas House Italian, Caesar or Cranberry Pecan Spinach

Pasta Marinara

Pasta tossed with our tomato basil marinara

Grilled Three Cheese Sandwich

Pizzas

Margherita Pizza

Roma tomatoes, olive oil, basil, garlic, mozzarella and fresh Parmesan cheeses. 8.59

Pizza Labela

Italian sausage, pepperoni, portobello mushrooms, tomato sauce and mozzarella, provolone and Parmesan cheeses. 9.99

Chicken Cordon Bleu Pizza

Chicken, smoked ham, mushrooms, Swiss, mozzarella cheese and white sauce. 9.99

BBQ Chicken Pizza

House BBQ sauce, chicken and caramelized onions topped with smoked Cheddar and mozzarella cheeses. 9.99

Roasted Potato Pizza

Ranch dressing sauce, sliced baked potato, bacon and scallions, topped with Cheddar, mozzarella and Parmesan cheese. Served with a dollop of sour cream. 8.99

Three Cheese & Chicken Pizza

Sun-dried tomatoes, marinated Roma tomatoes, garlic, fresh spinach, chicken, fresh basil, mozzarella, Parmesan and feta cheeses. 9.99

Mediterranean Pizza

Artichoke hearts, roasted peppers, feta cheese, Greek olives, oregano, mushrooms, Roma tomatoes and mozzarella cheese. 9.59

Sandwiches

Served with choice of Fresh Fruit, Seasoned Kettle Chips, Fries, Soup or Famous White Chicken Chili.

Turkey Bacado

Sliced turkey breast, avocado mayo, bacon, Monterey Jack cheese, field greens and tomato on multigrain bread. 7.99

Triple Decker Club

Turkey, ham, bacon, American cheese, lettuce, tomato and mayonnaise on sourdough toast. 8.99

Chicken Salad Croissant

Homemade chicken salad with peppers, onions, celery, toasted almonds, dried cherries and mayo on a croissant. 8.59

Monterey Chicken

Grilled chicken breast, ham, Monterey Jack cheese, lettuce, tomato, and pickles on a ciabatta bun. Served with a side of chipotle mayo. 8.99

California Reuben

Grilled turkey breast, baby Swiss, coleslaw and Reuben sauce on grilled marble rye. 8.99

Cherry Chicken Wrap

Marinated chicken breast, grilled and mixed with fresh spinach, walnuts, gorgonzola cheese, tomatoes, scallions, dried cherries and cranberry vinaigrette, wrapped in a tomato tortilla. 8.59

Chicken Caesar Wrap

Grilled chicken breast, romaine, red onion, Roma tomatoes, toasted almonds and creamy Caesar dressing. 8.59

Grilled St. James

Grilled turkey breast, lettuce, tomato, bacon, Cheddar cheese and honey mustard on grilled cracked wheat bread. 8.59

Classic Reuben

Corned beef, baby Swiss, sauerkraut and Reuben sauce on grilled marble rye. 8.99

French Dip

Sliced choice roast beef and Swiss cheese on a ciabatta bun with au jus. 8.99

Charbroiled Burgers

Premium Angus Beef burgers on a grilled onion roll.
Served with choice of Fresh Fruit, Seasoned Kettle Chips, Fries,
Soup or Famous White Chicken Chili.

Un-Plain Burger*

Lettuce, tomato, grilled bacon, onion and Cheddar cheese. 8.99 **Plain Burger** 7.59

Cheeseburger*

Select from: Mild Cheddar, American, Swiss, Monterey Jack, Provolone or Bleu Cheese. 7.99

Patty Melt*

Grilled onions, Swiss and Cheddar cheeses, on grilled marble rye. 8.59

Angus Cobb Burger*

Romaine greens, crumbled bleu cheese, tomato, bacon and sliced avocado. 8.99

Portobello Swiss Burger*

Marinated and grilled portobello mushrooms topped with melted Swiss cheese and garlic mayo, on a grilled onion roll. 8.99

BBQ Bacon Cheddar Burger*

Mild Cheddar, bold BBQ sauce and bacon. 8.99

Burger Florentine*

Sun-dried tomatoes, sautéed spinach and Monterey Jack on grilled ciabatta. 8.99

Minervas Specialties

Served with bread. Add Minervas Italian house salad or cup of soup ... 1.99
Add a Caesar or Spinach Salad ... 2.99

Pecan Crusted Salmon

Oven-broiled, pecan crusted salmon fillet with sweet bourbon sauce, served with garlic mashed potatoes and fresh vegetable. 10.99

Fresh Atlantic Salmon

Charbroiled with fresh herbs and lemon, served with garlic mashed potatoes and fresh vegetable. 10.99

Perch

Lightly battered perch with tartar sauce and fries. "A Northern Michigan staple!" 9.59

Creamy Seafood Jambalaya

Sea scallops, shrimp and whitefish in a Cajun cream sauce around our famous jambalaya. 10.99

Seafood Mac & Cheese

Gulf shrimp, sea scallops and fresh Atlantic salmon with cavatappi pasta, finished in a Tillamook white Cheddar cheese sauce. 10.99

Manicotti & Italian Chicken Breast

Manicotti with Alfredo and tomato basil garlic sauce and a sautéed chicken breast, topped with prosciutto, Parmesan and mozzarella, with a roasted garlic white wine butter sauce. 9.99

Italian Steak Tips

Italian-marinated steak tips with caramelized onions and mushrooms, garnished with bleu cheese, served with garlic mashed potatoes. 10.99

Cajun Chicken Linguine

Cajun seasoned and pan seared chicken, fresh vegetables and some secrets. "Our most famous pasta!" 9.59

Wild Mushroom Cream Ravioli

Ricotta, mozzarella and Romano cheese filled ravioli tossed with a wild mushroom sauce ~ portobello, shiitake, oyster and domestic mushrooms. 9.99

With Seasoned Chicken Breast 11.99

Shrimp & Asparagus Fettuccine

Our creamy Alfredo sauce made with Italian cheese, garlic and white wine, tossed with shrimp, dill and asparagus. 8.99

Triple Mac & Cheese

Penne, farfalle, cavatappi, aged white Cheddar, Monterey Jack, gorgonzola, crisp pancetta, fresh herbs and breadcrumbs. 7.99

Grilled Chicken Breast Triple Mac & Cheese 9.99

* Can be cooked to order. NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.