



# LUNCH

# MENU

## APPETIZERS

### **40's Nacho Tower**

queso, black beans, sour cream, fresh pico, jalapeno, choose chicken, beef, or steak...12

### **Strawberry Garden Salsa**

fresh strawberry, basil, cherry tomato, lime juice, and jalapeno, won ton chips...6

### **Crispy Fried Calamari**

fried calamari and red peppers, marinated seaweed salad, zesty remoulade...8

### **Banging Boro Shrimp**

coastal shrimp, tempura battered and fried, sweet and spicy aioli...9

### **Korean Firecracker Duck Wings**

puffed rice breaded duck drumettes, citrus gochujang sauce, apple-fennel sesame slaw, cilantro...12

### **Cherry Tomato Bruschetta**

diced cherry tomatoes, fresh basil, topped with balsamic glaze and fresh parmesan...7

### **40 East Cheese Board**

assorted cheeses (paired with local and house made accompaniments), fresh fruit, candied pecans, and toasted crostini...16

### **40 East Charcuterie Board**

cured meats (Hunter's Salami, Hungarian Czabi, West Fphalian Ham) assorted cheeses (paired with local and house made accompaniments) candied pecans, cornichons, pitted pimento stuffed olives...18

## SOUPS & SALADS

### **Soup & Salad**

choose a cup of soup and 1/2 of house or caesar salad...6

### **She-Crab Soup**

a rich and creamy soup flavored with sherry and lump crab, house croutons...7/4

### **Chef Inspired Soup of the Day**

made using the freshest ingredients daily...7/4

### **40's House Salad**

mixed greens, roasted heirloom cherry tomatoes, shredded parmesan, cucumber, egg, croutons, house dressing...6

### **40's Caesar Salad**

Fishead Farms romaine, shredded parmesan, croutons, tossed in a house caesar...7

### **Bleu Cheese Wedge**

iceberg wedge, red onions, roasted heirloom cherry tomatoes, smoked bacon, gorgonzola crumbles, croutons, house gorgonzola dressing...7

### **Fresh Strawberry Salad**

Fishead Farms Cherokee Summer Crisp lettuce, sliced strawberries, candied pecans, red onions, fresh feta cheese, balsamic vinaigrette...8

### **Classic Caprese**

sliced tomato, fresh basil, fresh mozzarella, topped with a balsamic reduction...8

## SALAD ADDITIONS

add pan seared salmon...12 / add roasted shrimp...9 / add seared deep sea scallops...14  
add pan seared chicken breast...8 / add jumbo lump crab cake...12 / add sliced seared tuna...14

## BUILD YOUR OWN COMBINATION

Choose any **TWO** for...8, Choose any **THREE** for...10

### Soups

She Crab Soup

Soup of the Day

### Sandwiches

Half Hawaiian Panini

Half Caprese Panini

Half Veggie Panini

Half BLT Sandwich

Half Cranberry Chicken Salad Sandwich

Half Turkey and Avocado Sandwich

### Side Items

Hand Cut French Fries

Sweet Potato Fries

Sea Salt Potato Chips

Fruit Bowl

BLT Pasta Salad

### Salads

40 East House Salad

40's Caesar Salad

Classic Caprese Salad

## Sliders

Served With Two Sliders And Choice Of Side

## **40 East Burger Sliders**

ground beef, pepper encrusted bacon, sliced red onions, american swiss, 1000 sauce, dill pickles...9

## **Fried Buffalo Chicken Sliders**

Fried chicken, buffalo sauce, blue cheese crumbles, tomato, purple cabbage...9

## **Crab Cake Sliders**

jumbo lump crab cake, lettuce, tomato, and zesty remoulade...9

# **Main Street Tacos**

Served With Two Tacos And Choice Of Side

## **Boro Shrimp Tacos**

sweet and spicy tempura battered fried shrimp, red cabbage, fresh pico...8

## **Mixed Fajita Tacos**

grilled chicken and steak, sautéed onions and peppers, fresh pico, topped with monterey jack cheese, topped with chili lime aoli...8

## **Grilled Fish Tacos**

grilled cod, avocado slices, red cabbage, topped with zesty remoulade...8

# **40's Flat Breads**

## **Cherry Tomato Basil Flat Bread**

cherry tomatoes, pesto base, fresh basil, mozzarella, monterey jack , topped with balsamic glaze...10

## **Grilled Chicken Pesto Flat Bread**

grilled chicken, pesto base, monterey jack , feta, topped with balsamic glaze...10

## **True Blue Flat Bread**

bbq chicken, blue cheese and monterey jack blend, bbq base, caramelized onions, crispy bacon, topped with a ranch drizzle...10

# **Paninis**

Served With Choice Of Side

## **Hawaiian Panini**

applewood deli sliced ham, american swiss cheese, pineapple, balsamic reduction, served on ciabatta...9

## **Grilled Veggie Panini**

roasted zucchini, red peppers, red onions, fresh mozzarella, basil pesto spread, served on ciabatta...8

## **Caprese Panini**

sliced tomatoes, fresh mozzarella, basil pesto, balsamic reduction, served on ciabatta...8

# **SANDWICHES**

Served With A Choice of Side

Make Any Sandwich A Wrap

## **40 East Burger**

ground beef, pepper encrusted bacon, sliced red onions, american swiss, 1000 sauce, dill pickles, served on kaiser ...10

## **Black & Blue Burger**

blackened burger, blue cheese, pepper encrusted bacon, dill pickles, ranch dressing, served on kaiser...10

## **Cranberry Chicken Salad Sandwich**

Cranberries, chicken, pecans, red onions, celery, avocado spread, lettuce, tomato, served on wheat...8

## **B.L.T Sandwich**

bacon, lettuce, tomato, america swiss, avocado spread, served on wheat...8

## **Club @ 40 East**

shaved ham, roasted chicken, pepper encrusted bacon, lettuce, tomato, american swiss, avocado spread, served on wheat...10

## **Fried Buffalo Chicken Sandwich**

Fried chicken, buffalo sauce, blue cheese crumbles, tomato, purple cabbage, served on kaiser...11

## **Crab Cake Sandwich**

jumbo lump crab cake, lettuce, tomato, and zesty remoulade, served on kaiser...10

## **Salmon B.L.T.**

fresh Atlantic salmon, sliced tomato, mixed greens, zesty remoulade, served on wheat...11

## **Turkey and Avocado Sandwich**

metro deli turkey breast, avocado spread, lettuce, tomato, pepper encrusted bacon, served on wheat...10