

# BOWNE'S LAB

## Menu



## APPETIZERS

### Fried Green Tomatoes 17.95 **NEW!**

Cornmeal-crust green tomatoes served with ranch dressing

### Shrimp Cocktail 15.95 **NEW!**

Six chilled jumbo shrimp with cocktail sauce and fresh lemon

### Lemongrass Chicken Potstickers 12.95

Dumplings stuffed with chicken, sweet corn, scallions, and lemongrass.  
Served with orange ginger sauce

### Margherita Flatbread 14.95

Diced tomatoes, pesto, fresh mozzarella

### Spinach & Artichoke Dip 13.95

Hot spinach and artichoke dip with tortilla chips

### Mediterranean Sampler 17.95

Traditional hummus, roasted red pepper hummus, feta, Greek olives, stuffed grape leaves, warm pita

### Boursin Cheese Plate 17.95

Herbed cheese spread, fig preserves, seasonal fruit, and fresh-baked bread

## SALADS

### Strawberry Summer Salad 21.95 **NEW!**

Baked or fried chicken, strawberries, cucumbers, heirloom tomatoes, feta, spring mix, and balsamic vinaigrette

### Caesar Salad 15.95

Romaine, croutons, and parmesan cheese. Tossed in Caesar dressing  
\*Add chicken 6 Add shrimp 7 Add salmon 9

### Cobb Salad 22.95

Baked chicken, cucumbers, tomatoes, bacon, hard-boiled egg, avocado, and bleu cheese crumbles on mixed greens.  
Served with your choice of dressing

### Tuna & Chicken Salad Plate 15.95 **NEW!**

A scoop of tuna salad and a scoop of chicken salad served with crackers and fresh fruit

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*

## SOUP & QUICHE

Lobster Bisque  
Cup 7.95 | Bowl 13.95

Quiche of the Day 14.95  
Served with fruit, mixed greens, and balsamic vinaigrette

## ENTREES

Add a house salad for 3.95

Lasagna 18.95 **NEW!**  
Layers of Italian sausage, ground beef, herbed ricotta, and mozzarella.  
Served with fresh-baked bread

Salmon Teriyaki 23.95 **NEW!**  
Baked salmon filet in teriyaki sauce. Served with mashed potatoes  
and mixed vegetables

Fish & Chips 19.95  
Lager-battered cod served with cole slaw, and French fries

Grilled Vegetable Fettuccini 17.95 **NEW!**  
Eggplant, zucchini, red and yellow peppers in a garlic white  
wine sauce over pasta. Served with fresh-baked bread  
\*Add chicken 6 Add shrimp 7 Add salmon 9

Chicken Quesadilla 17.95  
Chicken, black beans, sweet corn, cheddar, and mozzarella cheeses.  
Served with sour cream, guacamole, and salsa

Crab Cakes 25.95  
Two Maryland-style crab cakes baked to perfection. Served with mixed  
vegetables, potatoes, and a side of remoulade.

Homestyle Pot Roast 17.95 **NEW!**  
Beef pot roast in Marsala mushroom gravy, served with potatoes  
and mixed vegetables

Rick's Barbeque Platter 16.95  
Pulled pork with tangy barbeque sauce. Served with coleslaw, fruit,  
and fresh-baked bread



## SANDWICHES

Served with tortilla chips or cole slaw  
Substitute a side salad or French fries for 1.95

**Fried Green Tomato BLT 17.95** **NEW!**  
Cornmeal-crusted green tomatoes, bacon, lettuce, tomato and mayo  
on a brioche bun

**Mediterranean Veggie Pita 14.95**  
Hummus, roasted red peppers, leaf lettuce, cucumbers, tomato,  
onion, and feta on pita

**Crab Cake Sandwich 17.95**  
Maryland-style crab cake served on a brioche bun, with fresh lettuce,  
tomato, and a side of remoulade

**Downtown Cheeseburger 15.95**  
Cheddar or Swiss cheese melted onto an all-American burger.  
Served with French fries

**Downtown Chicken Sandwich 15.95**  
Baked chicken, bacon, lettuce, tomato, cheddar, and ranch dressing  
on a brioche bun

**Pulled Pork Sandwich 14.95**  
Pulled pork and tangy barbeque sauce on a brioche bun

**Tuna or Chicken Salad Sandwich 14.95** **NEW!**  
Tuna or chicken salad on marble rye with lettuce and tomato. Served  
with a side salad with balsamic vinaigrette

## DESSERTS

*Don't forget your sweet treat!*

**Chocolate Cake 8.95**

**Key Lime Pie 8.95** **NEW!**

**Pecan Pie 8.95**

**Strawberry Ice Cream Sandwich 8.95** **NEW!**

**Fresh-Baked Sugar Cookies 4.95**

**Vanilla Ice Cream 3.95**