

## The Midtown Executive Club's



### soup

- ❧ **Green Lentil Soup** 10  
duck sausage, thyme

### salads

- ❧ **MEC House Salad** 8  
mixed lettuce, pear tomatoes, cucumbers, champagne vinaigrette
- Traditional Caesar Salad** 12
- Free Range Chicken Caesar Salad** 16
- ❧ **MEC Signature Chopped Salad** 18  
baby vegetables, tomatoes, chicken, cucumber and gorgonzola  
with lemon and oregano
- Grilled Steak Salad** 18  
napa cabbage, pickled red onions, english cucumbers  
and 8 year old balsamic vinaigrette

### sandwiches

all sandwiches are served with potato chips

- Grilled Free Range Chicken Sandwich** 14  
tomato confit, watercress and basil aioli
- MEC Jaindl Farms Turkey Club Sandwich** 16  
applewood smoked bacon, roasted tomatoes, lettuce and herb mayo

### desserts

- Junior's World Famous New York Cheesecake** 10  
mixed berry coulis
- Chocolate Mousse Cake** 7  
vanilla crème anglaise
- Carrot Cake** 7  
caramel sauce

❧ indicates low fat, heart friendly items

Executive Chef: Mario Landaverde