

The Midtown Executive Club's



soups

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

appetizers

- Sauteed Maryland Crabcakes** 14
green goddess sauce
- New Zealand Lamb Lollipops** 10
salsify two ways, warm mustard seed dressing
- 🍴 **MEC House Salad** 8
mixed lettuce, pear tomatoes, cucumbers, champagne vinaigrette
- MEC Steak Crostini** 12
cannellini beans, truffle essence

salads

- Traditional Caesar Salad** 8/12
free range chicken breast 16
jumbo shrimp 18
- 🍴 **MEC Signature Chopped Salad** 16
baby vegetables, tomatoes, chicken, cucumber, gorgonzola and avocado
with lemon and oregano
- Warm Grilled Steak Salad** 18
napa cabbage, pickled red onions, english cucumbers and 8 year old balsamic vinaigrette
- Spinach Salad** 9/16
blue oyster mushrooms, 4 minute egg, gorgonzola,
walnuts and warm bacon vinaigrette

sandwiches

all sandwiches are served with your choice of herbed French fries, potato chips or mixed greens

MEC Black Angus Burger 12

applewood smoked bacon with choice of cheese

Grilled Free Range Chicken Sandwich 13

tomato confit, watercress, avocado and basil aioli

House Smoked Pork Loin Open Faced Sandwich 14

roasted peppers, manchego cheese and olive tapenade with frizzled onions

MEC Jaindl Farms Turkey Club Sandwich 14

applewood smoked bacon, roasted tomatoes, lettuce and herb mayo

entrees

Oven Roasted Atlantic Halibut 21

baby carrots and whipped potatoes with oregano and extra virgin olive oil

Spiced Colorado Lamb Stew 18

cumin, cinnamon, coriander and chilies with crispy black olive polenta

Rafetto's Fresh Linguini 14

farm fresh vegetables and arugula walnut pesto

Grilled Hanger Steak 22

crispy shallots, sweet garlic potatoes, port and persillade

Murray's Breast of Chicken Paillard 18

arugula, roasted fingerling potatoes and lemon essence

desserts

Junior's World Famous New York Cheesecake 10

mixed berry coulis


MEC Homemade Bread Pudding 8

apricot and grand marnier sauce

Boylan's Root Beer Float 7

choice of Ronny Brook's Farm ice cream

Farmer's Market Fruit and Berry Selection 6

 indicates low fat, heart friendly items