



Lunch Menu

Soups, Appetizers & Starters

- Soup du Jour**- house prepared daily selection 3 / 5
- Tomato Basil Bisque**- an amical classic with fresh basil & a touch of cream 3 / 5
- French Onion Soup**- gratinée-style, baked with melted cheese & croutons 4 / 6
- Tomato Soup en Croute** - our specialty... baked tomato soup with a puff pastry crust 6
- Olive Twists**- baked twists of pastry stuffed with feta cheese and tapenade 7
- Smoked Whitefish Pâté**- fresh scallions blended with light cream cheese & assorted crackers 8
- New England Crab Cakes**- two mashed potato, scallion & lump crabmeat cakes served with sweet chili aioli 12
- Sesame Seared Tuna*** - rare tuna slices on sesame crackers with wasabi oil & hot mustard 12

Salads...Salads...Salads

- House Greens** - bibb and romaine with creamy parmesan or oil & vinegar sm 4 / lg 7
- Caesar Salad** - classic salad with our superb low fat dressing sm 5 / lg 8
- Chicken Caesar Salad** - tender chicken added to our classic salad 10
- Bacon-Gorgonzola Salad**
fresh baby spinach tossed with crisp bacon, red onion, toasted pine nuts & red wine vinaigrette 10
- Blackened Salmon Caesar***
salmon fillet dusted with Cajun spices & served over our classic salad with tomatoes & olives 11
- amical Salad**
fresh mixed greens with feta cheese crumbles, tomatoes & dried cranberries tossed in tomato vinaigrette 9
- Asian Chicken Salad**
soy marinated chicken, almonds, crisp rice noodles, green onions & carrots with greens in spicy ginger dressing 10
(substitute slices of chilled rare sesame crusted tuna slices* & wasabi oil for an additional \$3)
- Mediterranean Tuna Salad**
albacore tuna mixed with pesto, olive tapenade & red onion over greens & tomatoes with fresh mozzarella slices 11
- Chicken & Grape Salad**
diced breast of chicken, toasted pecans, celery & poppy seed in a yogurt-sour cream dressing, served with fresh fruit 10

Pasta Specialties

- Baked Penne Pasta**
oven-baked penne with gruyere, cheddar & Parmigiano-Reggiano seasoned with thyme & garlic 9
add chicken for an additional \$3
- Chicken Carbonara**
linguini pasta tossed with diced chicken breast, bacon and peas in a garlic-parmesan cream 12
- Penne Rustica-Style**
crumbled Italian sausage, tomatoes, basil & calamata olives with garlic and a house-made tomato sauce 11
- Ravioli with Artichoke Cream**
cheese-filled pasta served over wilted spinach with artichokes & mushrooms, garnished with sundried tomato pesto 12

229 E. Front Street Traverse City, MI 49684 (231) 941-8888 FAX (231) 941-8893 www.amical.com

CAN BE COOKED TO ORDER

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness

Cracker Crust Pizza

Chicken, Artichoke & Red Onion Pizza

house tomato sauce, diced chicken breast, feta & mozzarella cheese on a thin crust 10

Rustica-Style Pizza

crumbled Italian sausage baked over a thin crust with roasted red peppers & mozzarella cheese 10

Three Mushroom & Chevre Pizza

oven-roasted Shiitake, Portabella & Crimini mushrooms over house tomato sauce, spinach & goat cheese 10

Amical Entrees & Cuisine

Savory Quiche Lorraine

caramelized onion, crisp bacon, thyme & gruyere cheese in a high crust with fresh fruit garnish 8

Four Cheese Quiche

gruyere, parmesan, chevre & cheddar with chopped spinach & mushrooms 8

Spinach & Bacon Omelet*

fresh spinach, gruyere cheese & crisp bacon rolled in a three egg omelet garnished with fresh fruit 9

Italian Omelet*

diced tomatoes, mild crumbled sausage & fresh basil topped with a light tomato sauce 9

Ham & Cheese Omelet*

cheddar, gruyere and sliced ham garnished with fresh fruit and poppy seed bread 9

Chicken Pot Pie

Amical specialty... a creamy filling of chicken, mushrooms, vegetables & herbs with a pastry crust 10

Chicken & Broccoli Crêpes

two house-made crêpes folded around fresh broccoli, mushrooms, onion & chicken in a creamy sauce 11

Oven-Roasted Chicken

one-half bird rubbed with olive oil, garlic & herbes de provence, served with garlic mashed potatoes 11

... or try a quarter bird for only \$7

Tilapia over Spinach & Mushrooms*

pan-sautéed Tilapia served over baby spinach & portabella mushrooms in a sauce of white wine, garlic & butter 11

Curried Salmon with Coconut-Chili Sauce*

sautéed salmon served over our house rice pilaf, fresh vegetables & greens 12

Southwestern Black Bean Cakes

two vegetarian cilantro-jalapeno cakes served with chipotle-red pepper vinaigrette & grilled vegetables 11

Chicken Cordon Bleu

chicken breast topped with thin prosciutto & gruyere cheese, served with whole grain mustard cream & house rice 11

Downtown Express Meal

pair up any of the following menu items for a quick lunch: Soup du Jour/Tomato Basil Bisque/Quiche/House or Caesar 7

Sandwiches & Wraps

Chicken Caesar Wrapper

our low fat Caesar salad wrapped inside a whole wheat tortilla with tender chicken & tomatoes 8

Oven-Baked Turkey Sandwich

sliced turkey breast on toasted focaccia with caramelized onion, roasted red pepper, mozzarella & mayonnaise 9

Asian Chicken Wrapper

fresh greens, marinated chicken breast, almonds, carrots & crunchy rice noodles with ginger dressing 9

Croque Monsieur

classic café sandwich... sliced ham, gruyere & béchamel on sourdough then baked in a hot oven 8

Warm Mushroom Wrap

warm mushroom ragout with fresh mozzarella, tomato & spinach in a whole wheat wrap with balsamic syrup 9

229 E. Front Street Traverse City, MI 49684 (231) 941-8888 FAX (231) 941-8893 www.amical.com

*CAN BE COOKED TO ORDER.

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness