



## LUNCH MENU

### Soups, Appetizers & Starters

- Soup du Jour**- house prepared daily selection 2 / 4
- Tomato Basil Bisque**- an amical classic with fresh basil & a touch of cream 2 / 4
- French Onion Soup**- gratinée-style, baked with melted cheese & croutons 3 / 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
- Monterey Crab Cakes**- two pan-sautéed cakes served with spicy chipotle remoulade 10
- Sesame Seared Tuna\*** - rare tuna slices on sesame crackers with wasabi oil & hot mustard 11

### Salads...Salads...Salads

- House Greens** - bibb and romaine with creamy parmesan or oil & vinegar 4 / 6
- Caesar Salad** - classic salad with our superb low fat dressing 4 / 7
- Chicken Caesar Salad** - tender chicken added to our classic salad 9
- Roasted Pear Salad with Arugula & Spinach**  
port wine soaked roasted pears tossed with almonds, gorgonzola & red onion in raspberry dressing 10
- Blackened Salmon Caesar\***  
salmon fillet dusted with Cajun spices & served over our classic salad with tomatoes & olives 10
- 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 \$2)
- Mediterranean Tuna Salad**  
albacore tuna mixed with pesto, olive tapenade & red onion over greens & tomatoes with fresh mozzarella slices 10
- Chicken & Grape Salad**  
diced breast of chicken, toasted pecans, celery & poppy seed in a yogurt-sour cream dressing, served with fresh fruit 9

### Pasta Specialties

- Baked Penne Pasta**  
oven-baked penne with gruyere, cheddar & Parmigiano-Reggiano seasoned with thyme & garlic 8  
add chicken for an additional \$2
- Cavatappi Pommodori**  
twisted pasta tossed with oven-roasted tomato, fresh basil, scallions, chevre & light cream 10
- Penne Rustica-Style**  
crumbled Italian sausage, tomatoes, basil & calamata olives with garlic and a house-made tomato sauce 10
- Pappardelle with Shrimp & Spinach**  
wide-noodle pasta with fresh spinach, lemon, white wine & butter 12

229 E. Front Street Traverse City, MI 49685 (231) 941-8888 FAX (231) 941-8893 [www.amical.com](http://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

### **Bacon & Feta**

wafer-thin crusted pizza baked with red onion, feta cheese, roasted tomato & bacon 9

### **Rustica-Style Pizza**

crumbled Italian sausage baked over a thin crust with roasted red peppers & mozzarella cheese 9

### **Three Mushroom Pizza**

oven-roasted Shiitake, Portabella & Crimini mushrooms over house tomato sauce & spinach 9

## Amical Entrees & Cuisine

### **Savory Quiche Lorraine**

caramelized onion, crisp bacon, thyme & gruyere cheese in a high crust with fresh fruit garnish 7

### **Four Cheese Quiche**

gruyere, parmesan, chevre & cheddar with chopped spinach & mushrooms 7

### **Spinach & Bacon Omelet\***

fresh spinach, gruyere cheese & crisp bacon rolled in a three egg omelet garnished with fresh fruit 8

### **Italian Omelet\***

diced tomatoes, mild crumbled sausage & fresh basil topped with a light tomato sauce 8

### **Ham & Cheese Omelet\***

cheddar, gruyere and sliced ham garnished with fresh fruit and poppy seed bread 8

### **Chicken Pot Pie**

Amical specialty... a creamy filling of chicken, mushrooms, vegetables & herbs with a pastry crust 9

### **Chicken & Broccoli Crêpes**

two house-made crêpes folded around fresh broccoli, mushrooms, onion & chicken in a creamy sauce 10

### **Oven-Roasted Chicken**

one-half bird rubbed with olive oil, garlic & herbes de provence, served with garlic mashed potatoes 10

... or try a quarter bird for only 6

### **Tilapia over Spinach & Mushrooms**

pan-sautéed Tilapia served over baby spinach & portabella mushrooms in a sauce of white wine, garlic & butter 10

### **Curried Salmon with Coconut- Chili Sauce\***

sautéed salmon served over our house rice pilaf, fresh vegetables & greens 10

### **Vegetable Lasagna with Zucchini**

spiral-rolled roasted zucchini, pasta & spinach baked with house tomato sauce & mozzarella 9

### **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 6

## Sandwiches & Wraps

### **Chicken Caesar Wrapper**

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

### **Turkey with Salami & Provolone**

sliced turkey breast & Carando salami on Ciabatta with red pepper mayonnaise, lettuce & tomato 8

### **Roast Beef on Ciabatta**

medium rare sliced roast beef with provolone cheese, hot mustard, mayonnaise, red onion & lettuce 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 8

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