

EST. 1997

220 East

Restaurant & Wine Bar

LUNCH MENU

AVAILABLE MONDAY - FRIDAY 11 AM UNTIL 3PM. \$1 CHARGE FOR SHARING PLATES.

APPETIZERS

- Basket of Bread** ~ Three freshly baked rolls with butter. \$1.5
- Eggplant Involtini** ~ Panko crusted eggplant, stuffed with ricotta and fresh spinach. Topped with marinara and pizza cheese, then oven baked. \$9
- Pub Chips** ~ Pub style potato chips drizzled with balsamic reduction and a side of bleu cheese dressing. \$7
- Fried Green Tomatoes** ~ Panko breaded and flash fried. Topped with roasted red pepper sauce and crumbled goat cheese. \$8
- Hot Stickers** ~ Chinese dumplings loaded with pork and oriental seasonings. Lightly blackened and served with Szechuan soy sauce. \$7
- Calamari Fingers** ~ Lightly battered and fried. Served with Sriracha ranch and lemon aioli. \$9
- Baked Brie** ~ A wheel of soft, mild cheese topped with butter, brown sugar, and chopped walnuts, then oven baked. Served with French bread and fresh fruit. \$11
- Tuna Sashimi** ~ Ahi tuna rolled in sesame seeds and pan seared. Served with pickled ginger, wasabi, and soy. Market \$
- Chicken Quesadillas** ~ Grilled chicken breast, mushroom, green onion, and cheddar in a garlic and herb flour tortilla. Served with sour cream and salsa. \$10.5
- Hummus** ~ Traditional hummus paired with red pepper hummus and served with carrots, celery, and grilled pita bread. \$8

LUNCH ENTRÉES

- Eggplant Involtini over Angel Hair** ~ Panko crusted eggplant, stuffed with ricotta and spinach. Topped with marinara and pizza cheese then placed over angel hair pasta with fresh garlic and olive oil. \$11
- Lunch Catch of the Day** ~ A smaller cut of our fresh catch prepared grilled, fried, blackened, or sautéed. Served with your choice of one of our standard side items. \$11
Almondine, Florentine, Bourbon, or Piccata style add \$1.5
- Mandarin Salmon** ~ Chargrilled fillet, glazed with Szechuan soy and teriyaki. Topped with mandarin oranges and served over jasmine rice with bok choy tips. \$13
- Mandarin Pork Tenderloin** ~ Marinated tenderloin medallions chargrilled and glazed with Szechuan soy and teriyaki. Topped with mandarin oranges and served over jasmine rice with bok choy tips. \$11
- Chicken Marsala** ~ Sautéed chicken breast with mushroom, demi glace, and Marsala wine. Served with your choice of one of our standard side items. \$11
- Chicken Piccata** ~ Sautéed chicken breast in a lemon butter white wine sauce with capers. Served with your choice of one of our standard side items. \$11
- “Smothered” Steak** ~ A 4 ounce top sirloin topped with sautéed mushrooms, onions, demi glace, and Marsala wine, then finished with melting Swiss cheese. Served with your choice of one of our standard side items. \$12.5

Executive Lunch Special

Our 7 ounce filet mignon cooked to your liking with a standard side item, and your choice of soup or salad. \$18
Add bleu cheese crumbles or bourbon-mushroom glaze. \$2

SOUPS, SALADS & COMBINATIONS

*Customize your salad with the following items:
chicken \$3, shrimp \$4, salmon \$5, or sirloin steak \$6.*

- 1/2 Sandwich and Soup** ~ 1/2 Chicken club, BLT, or Cuban sandwich served with your choice of soup of the day or French onion soup. \$8.5
- 1/2 Sandwich and Salad** ~ 1/2 Chicken club, BLT, or Cuban sandwich served with our house salad. Upgrade to a Caesar salad or Field of Greens for \$1. \$8
- Soup Du Jour** ~ If you like hearty homemade soup, this is the place for you. \$4 cup / \$5 bowl
- French Onion** ~ Topped with a crouton, provolone and parmesan cheese, then oven baked until golden. \$4.5 cup / \$5.5 bowl
- 220 Salad** ~ Crisp iceberg and romaine with tomato, carrots, cucumber, croutons, and cheddar cheese. \$7 / \$4 for side
- Caesar Salad** ~ Crisp romaine lettuce, fresh grated parmesan cheese, and croutons tossed with Caesar dressing. \$8 / \$5.5 for side
- Chopped Kale Caesar** ~ A healthier twist on the classic Caesar using fresh kale from our local market. \$8 / \$5.5 for side
- Field of Greens** ~ Organic field greens tossed with balsamic vinaigrette. Topped with fresh bleu cheese crumbles. \$8 / \$5.5 for side
- Chicken Thai Cobb** ~ A Thai style salad topped with grilled chicken breast, tomato, avocado, bean sprouts, green onion, cilantro, and bacon tossed in a lime peanut dressing. \$13 / \$10 for smaller plate
- Cajun Fried Chicken Salad** ~ Spicy chicken strips mounded over fresh salad greens with tomatoes, red cabbage, cucumbers, and cheddar served with a side of our chef's homemade honey mustard dressing. \$12.5 / \$9.5 for smaller plate
- Field of Fruit** ~ Organic field greens tossed with balsamic vinaigrette, mandarin oranges, crumbled bleu cheese, strawberries, blueberries, and walnuts. \$10.5
- Field of Fruit w/Blackened Salmon** ~ \$15.5
- Power Salad** ~ Kale and mixed organic spring mix topped with edamame, almonds, blueberries, and raisins. Tossed with a light raspberry vinaigrette. \$11.5 / \$8.5 for smaller plate
- Asian Chicken Salad** ~ Mixed greens, mandarin oranges, cucumber, carrots, and wonton crisps tossed with ginger sesame vinaigrette and topped with grilled teriyaki chicken. \$13 / \$10 for smaller plate
- Chicken Waldorf Salad** ~ Raisins, candied pecans, sliced apple, and feta cheese give the classic salad a new twist. Served with organic field greens tossed with balsamic vinaigrette and topped with chargrilled chicken breast. \$13.5 / \$10.5 for smaller plate

STANDARD SIDES \$3.5 PREMIUM SIDES \$4.5

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|--------------------------------------|---------------------------------|
| Baked Potato | Sautéed Button Mushrooms |
| Ruthie's Potatoes | Bok Choy Tips |
| (baked potato sliced & fried) | (with teriyaki glaze) |
| Jasmine Rice | Sautéed Baby Spinach |
| Steamed Broccoli | Angel Hair |
| Grilled Zucchini & Squash | (Marinara / Garlic & Oil) |
| French Fries | |
| Coleslaw | |
| Fresh Fruit | |

Let us cater your next business luncheon or special event.
Our Dinner Menu is available upon request.

LUNCH MENU

BURGERS

*All hamburgers are served on a toasted brioche roll with lettuce, tomato, pickle, and fries. Sliced onion and toasted baguette is available upon request.
Add bacon, cheese, sautéed onions or mushrooms for \$1 ea.*

Old Fashioned Hamburger ~ 8 ounce USDA choice ground beef, chargrilled the way you like it. \$8.5

Bacon Cheddar Cheeseburger ~ Topped with hickory smoked bacon and cheddar. Served with a side of barbeque sauce. \$10

Blue Moo Burger ~ A house specialty... USDA choice patty topped with melting bleu cheese crumbles. \$10

Rocky River Burger ~ Layered with bacon, mushroom, and Swiss with a side of sour cream. \$10.5

Black Jack Burger ~ Seasoned with cajun spices, topped with melted jack cheese and sautéed mushrooms. \$10

Patty Melt ~ Our burger sandwiched between double swiss and 1000 island dressing with sautéed onions on toasted pumpernickel rye. \$10

220 EAST SPECIALTIES

Quick Lunch ~ Ask your server about our Chef's lunch special. We make it from scratch! \$7 / \$9

Fish Tacos ~ Two soft flour tortillas filled with grilled or blackened tilapia, jalapeno-lime coleslaw, and a side of chipotle aioli. Served with black beans and rice. \$9

Shrimp Tacos \$9 **Grouper Tacos** \$11

Blackened Chicken Tacos ~ Two soft flour tortillas filled with lightly blackened chicken tenders, jalapeno-lime coleslaw, and a side of chipotle aioli. Served with black beans and rice. \$9

Garden of Eatin' ~ Steamed broccoli, carrots, yellow squash, zucchini, rice, and parmesan covered tomato slices. \$10.5 / \$13.5 w/chicken

Homemade Quiche ~ Our feature quiche served with your choice of soup, salad, or fresh fruit. \$9.5

Fish and Chips ~ Tempura battered white fish served over French fries with coleslaw and tartar sauce. \$10.5

Grouper Bites Platter ~ Bite sized pieces of fresh gulf grouper tempura battered and fried. Served with French fries, coleslaw, and tartar sauce. \$11

Grouper Milanese ~ Fresh gulf grouper medallions dusted with panko, parmesan, and Romano cheese, flash fried and oven baked. Served over a bed of sautéed spinach and angel hair tossed in olive oil and fresh garlic. \$13.5

HAND TOSSED PIZZA

Cheese Pizza ~ Your basic pie topped with marinara and cheese. \$9.5
Add pepperoni for \$1

Pizza Margherita ~ Traditional hand tossed pizza topped with fresh garlic, olive oil, fresh basil, tomato, and cheese. \$10.5

Florentine Pizza ~ Ricotta and feta, fresh baby spinach, roasted garlic, caramelized onion, and cheese. \$14

Pesto Pizza ~ House made garlic pesto, Italian sausage, pepperoni, mushroom, and cheese. \$14

The House Pizza ~ Marinara, pepperoni, sausage, mushroom, onion, red pepper, and cheese. \$16

SANDWICHES

All sandwiches are served with fries.

Sirloin Steak Sandwich ~ Chargrilled center cut sirloin, hand sliced onto a freshly toasted baguette. \$12

Monterey Chicken Sandwich ~ Grilled chicken breast, jack cheese, bacon, avocado, and a side of chipotle sauce. Served on toasted brioche with lettuce, tomato, and pickle. \$11

Blackened Chicken Sandwich ~ A blackened chicken breast topped with melted jack cheese with a side of mayo. Served on a toasted brioche roll with lettuce, tomato, and pickles. \$10

Bacon Cheddar Chicken ~ Grilled chicken breast topped with hickory smoked bacon and melted cheddar with a side of bbq sauce. Served on a toasted brioche roll with lettuce, tomato, and pickles. \$10

Buffalo Chicken Sandwich ~ Fried chicken breast tossed in Frank's hot sauce, with a side of bleu cheese dressing. Served on a toasted brioche roll with lettuce, tomato, and pickles. \$10

Grouper Sandwich ~ Fresh gulf grouper, prepared grilled, blackened or fried. You won't find a better grouper sandwich in Tampa. Served on brioche roll with lettuce, tomato, and pickles. Market \$

Cuban Sandwich ~ A Tampa original. Ham, Genoa Salami, pork, pickle slices, mayo, mustard, and Swiss layered between Cuban bread from La Segunda Central Bakery. Served cold or pressed hot. Tomato and lettuce available upon request. \$9.5

California Club ~ Oven roasted turkey, avocado, tomato, bacon, mixed greens, and balsamic mayo on wheatberry bread. \$10.5

Turkey Reuben ~ Oven roasted turkey, coleslaw, 1000 island dressing, and Swiss cheese on toasted pumpernickel rye. \$9.5

Portobello Mushroom Melt ~ Chargrilled portobello mushroom, sliced and topped with caramelized onions and melted provolone cheese. Served on a toasted baguette with lettuce, tomato, and a side of roasted red pepper sauce. \$10

Chicken Club ~ Hand-cut slices of chargrilled chicken breast with bacon, lettuce, tomato, and mayonnaise on freshly toasted baguette. Wheatberry bread available upon request. \$10

B.L.T. ~ Bacon, lettuce, and freshly sliced tomatoes, served on French baguette bread with mayo. \$8

HOMEMADE DESSERTS

Chocolate Velvet Cake ~ Rich, dark Ambrosia chocolate carefully blended with cherry brandy and Crème de Cacao, with a hint of peanut butter mousse. Served over a delicate strawberry sauce. \$7.5

Authentic Key Lime Pie ~ Real Key lime custard served on a Lorne Doone crust and finished with whipped topping. \$5.5

Crème Brûlée ~ Vanilla custard with caramelized sugar crust, accompanied with fresh fruit. \$6.5

Ice Cream ~ Hand scooped vanilla ice cream. \$2 / \$1 small
Topped with chocolate sauce for \$.75

Fried Oreos ~ Five Oreo cookies, battered and fried. Finished with chocolate sauce and powdered sugar. \$5

Three Berry Shortcake ~ Fresh strawberries, blackberries, and blueberries sprinkled over vanilla ice cream and whipped topping, on top of a homemade biscuit. \$6.5

Apple Tart ~ Baked apples tucked into an open faced pastry crust, topped with vanilla ice cream, whipped topping, and finished with chopped walnuts and caramel drizzle. \$6.25

** Consumer Advisory--Consuming raw or undercooked meat, eggs, poultry, or seafood may increase your risk of contracting a food borne illness--especially if you have certain medical conditions.*

** An 18% gratuity will be added to parties of 8 or larger.*