

The HEIGHTS

Restaurant + Bar

LUNCH

Monday thru Friday 11:30AM to 2:30PM

SALADS

The Meze Hall \$9.95

Grilled Eggplant, Zucchini, Yellow Squash, Carrot,
Red Onions, Chickpeas & Olives, Roasted Beet Hummus, Pita Chips

Make it Grain Bowl \$9.95

Mixed Grains, Organic Greens, Seasonal Roasted Vegetables,
Spiced Garbanzo Beans, Tahini Lemon Dressing

Autumn Harvest Salad \$9.95

Roasted Autumn Squash, Roasted Vegetables, Baby Greens,
White Balsamic Vinaigrette

New England Salad \$8.95

Caramelized Apples, Baby Greens, Root Vegetable Curls,
Cider Vinaigrette

*Add Herb Marinated Chicken \$4.95

*Add Pesto Shrimp \$5.95

*Add Fried Egg \$1.00

*Add Applewood Smoked Bacon \$1.25

BOWLS

The MAC \$8.95

3 Cheese Macaroni and Cheese

*Add Fried Egg \$1.00

*Add Applewood Smoked Bacon \$1.25

*Add Garden Vegetables \$1.25

The Melt \$10.95

Grilled Cheddar Cheese Sandwich with Tomato Soup

The Pasta Bowl \$9.95

Penne Pasta, Grilled Chicken, Broccoli, Garlic Cream Sauce

Vegetable Curry Bowl \$8.95

Seasonal Sautéed Vegetables, Spiced Curry, Couscous

SIDES

Soup of the Day

Small 3.95 Large 5.95

Spiced Frites \$5.50

Spiced Sweet Potato Frites \$5.95

Roasted Brussels 5.95

SAMMIES

Black Angus Burger \$8.95

1/4 Pound Angus Beef Patty, Greens, Tomato, Red Onion,
Burger Sauce

*Add Fried Egg+ \$1.00

*Add Cheese \$1.00

*Add Applewood Smoked Bacon \$1.25

*Gluten Free Bun \$1.00

Chicken Club \$9.50

Multigrain Bread, Marinated Chicken Breast, Applewood
Smoked Bacon, Provolone, Greens, Roasted Pepper Emulsion

The North End \$9.50

Ciabatta, Fresh Mozzarella, Grilled Eggplant, Tomato,
Greens, Basil Aioli

Tuna Salad Sammie \$8.95

Multigrain Bread, Albacore Tuna Salad, Greens, Celery and Onions

Croque Monsieur \$9.50

Multigrain Bread, Smoked Ham, Pommery Mustard,
Gruyere Cheese

BEVERAGES

Regular & Decaf Coffee

Small \$2.50

Large \$3.00

Espresso \$2.50

Americano \$3.50

Café au Lait \$3.50

Cappuccino \$3.75

Latte \$3.50

Mocha Latte \$4.00

Bubble Tea / Milk / Thai/ Taro \$4.00

add Boba +0.50

Artisan Crafted Loose Teas \$3.50

Regular & Decaf Iced Coffee

Small \$2.50

Large \$3.00

Coke, Diet Coke, Sprite, Ginger Ale, Lemonade \$2.50

Cranberry Juice, Orange Juice, Grapefruit \$3.00

Juice, Bottle Water

Before placing your order, please inform your server if any person in your party has a food allergy.
+Consuming raw or undercooked meats, shellfish, or eggs may increase your risk of food-borne illness.
Applicable MA taxes will be added.
The Heights has a no tipping policy to which staff must adhere.