



www.TomBarnesFineArt.com

# NO FRILL

## Bar and Grill

### SOUPS

**BAKED FRENCH ONION SOUP**  
Au gratin with garlic croutons  
Bowl 5.59

**FAMOUS CHILI**  
Smothered with cheddar Jack cheese and served with corn bread – sour cream on request –  
Cup 3.99  
Bowl 5.59

**SOUP DU JOUR**  
Cup 3.29  
Bowl 4.59

### APPETIZERS

**CREAMY ARTICHOKE DIP** - With herbed pita wedges 7.99

**HOMEMADE HUMMUS** - Served with Lavash crackers 7.59

**BBQ RIB APPETIZER** - With corn & black bean salsa, hot cornbread 9.99

**BEER-BATTERED ONION RINGS** - Chipotle ranch dipping sauce 7.99

**GRILLED PORTABELLA** - Sautéed spinach, onions, tomatoes, sun-dried tomato pesto, provolone, crostinis 8.59

**GRILLED PITA QUESADILLAS** - Grilled peppers, onions, tomatoes, cheddar Jack, corn salsa, sour cream, salsa 5.99

**NACHOS** - Our famous chili, corn chips, cheddar Jack, pico de gallo, lettuce, black olives, jalapenos, sour cream, salsa 10.99 Grande 14.99

**CHICKEN NACHOS** - Seasoned chicken, black beans, corn chips, cheddar Jack cheese, pico de gallo, lettuce, black olives, jalapenos, sour cream, salsa 10.99 Grande 14.99

**VEGETARIAN NACHOS** - Black beans, corn chips, cheddar Jack cheese, pico de gallo, lettuce, black olives, jalapenos, sour cream, salsa 9.99 Grande 13.99

**DRUNKEN CHEESE BREAD** - Sliced baguette tossed with garlic butter, topped with swiss cheese, imported ham, onions and white wine, baked in a skillet 7.99

**BUFFALO SHRIMP** - Crispy butterflied shrimp tossed with buffalo sauce, bleu cheese, celery 10.99

**LOADED PIEROGIES** - Potato dumplings topped with cheddar jack cheese, bacon, scallions, sour cream 8.59

### SALADS

Homemade Dressings: Parmesan Pepper, Bleu Cheese, 1000 Island, Raspberry Vinaigrette, Honey Mustard, Red Dragon, Chipotle-Buttermilk Ranch, Sesame-Orange-Ginger Vinaigrette, Balsamic Vinaigrette, Red Wine Vinaigrette

**SPOTSWOOD SALAD** - Baby spinach, Granny Smith apples, bleu cheese crumbles, bacon, caramelized almonds & raisins, red onions, radishes, cucumbers, red peppers, mushrooms, tomatoes 11.59

**CLASSIC GREEK SALAD** - Crisp torn hearts of Romaine, amifissa olives, feta cheese, cucumbers, red onions, roasted red and pepperoncini peppers, croutons, red wine vinaigrette 11.99

**ASIAN PORTABELLA SALAD** - Teriyaki grilled mushrooms, mixed greens, roasted red peppers, mandarin oranges, red onions, crispy rice bowl, sesame-orange-ginger vinaigrette 10.59

**FIELD GREEN SALAD** - Mixed greens, tomatoes, cucumbers, red onions, radishes, carrots, peppers, mushrooms 4.59

#### ADD YOUR CHOICE TO THE ABOVE FOUR SALADS:

Grilled Chicken 3.99 • \*Grilled Tuna 5.99

\*London Broil 5.99 • Shrimp 5.99

**FUNKY CHICKEN SALAD** - Grilled chicken, bacon, Swiss cheese, mixed greens, fresh veggies 12.59

\***TERIYAKI & SESAME GRILLED TUNA** - Yellow Fin Tuna grilled and marinated, mixed greens, fresh veggies, corn & black bean salsa, pita wedges 13.99

\***LONDON BROIL SALAD** - Marinated flank steak, mixed greens, fresh veggies, corn & black bean salsa 13.99

**CRISPY CHICKEN SALAD** - Crispy chicken tenders, mixed greens, vegetables, corn & black bean salsa, shredded Cheddar 11.59

**SESAME SHRIMP SALAD** - Fried butterflied shrimp, mixed greens, veggies, mandarin oranges, wontons, red dragon dressing 15.59

**HONEY-SMOKED SALMON** - Mixed greens, veggies, crisp lavash cracker, house-made boursin cheese, raspberry vinaigrette, and chipotle-buttermilk ranch 14.99

#### GLUTEN FREE MENU AVAILABLE

### PITAS

Served with a crisp pickle spear, plus a choice of side; Substitute choice of side: House Salad \$2, Cup of Soup \$1.50 or Onion Rings \$3

\***GRILLED PITA QUESADILLAS** - Roasted peppers, onion, tomato, cheddar Jack cheese, salsa, sour cream, corn salsa 6.99  
Add your choice of: Grilled Chicken 3.99 • \*Grilled Tuna 5.99 • Shrimp 5.99 • \*London Broil 5.99

**SUPER VEGGIE PITA** - Fresh chopped veggies, leaf lettuce, cheddar Jack cheese, alfalfa sprouts, Parmesan pepper 7.99 Add hummus 2.59

**GRILLED CHICKEN PITA** - Grilled sliced chicken breast, lettuce, tomato, Parmesan pepper 9.59

\***TERIYAKI GRILLED TUNA** - Grilled teriyaki marinated tuna, toasted sesame seeds, corn and black bean salsa, Parmesan pepper, lettuce, tomato 10.99

\***LONDON BROIL PITA** - Chargrilled marinated flank steak, corn and black bean salsa, remoulade sauce, lettuce, tomato 10.99

### CHECK OUT OUR DAILY SPECIALS

# SANDWICHES

Served with a crisp pickle spear, plus a choice of side. Substitute choice of side: House Salad \$2, Cup of Soup \$1.50 or Onion Rings \$3

**FUNKY CHICKEN SANDWICH** - Grilled chicken breast, bacon, tomato, melted Swiss cheese, Parmesan pepper dressing, grilled rye 10.59

**CAJUN GRILLED CATFISH** - Grilled sourdough, lettuce, tomato, Parmesan pepper dressing 10.99

**BUFFALO SHRIMP SUB** - Crispy butterflied shrimp tossed in buffalo sauce, fresh baked sub roll, lettuce, tomato, onion, bleu cheese dressing 11.59

**CRAB CAKE SANDWICH** - Homemade crab cake, lettuce, tomato, remoulade, kaiser roll 12.99

**CALI CLUB WRAP** - Sliced turkey, bacon, avocado, queso cheese, sprouts, tomato and onion wrapped in a flour tortilla served with chipotle ranch dipping sauce 9.59

**TURKEY FLATBREAD** - Turkey breast, melted cheddar Jack cheese, bacon, honey mustard, lettuce, tomato, onion 10.59

\***FRENCH DIP** - Sliced house-roasted beef, fresh baked sub roll, Swiss cheese, caramelized onions, au jus, Dijon horseradish sauce 10.99

**PHILLY CHEESE STEAK** - Shaved ribeye, grilled onions, American cheese, fresh baked sub roll 10.59

**OUR REUBEN** - Corned beef, Swiss cheese, sauerkraut, 1000 Island dressing, grilled rye 9.99

**VEGETARIAN REUBEN** - Grilled tomato, Swiss cheese, sauerkraut, 1000 Island, grilled rye 7.99 Add Veggie Patty 2.99

**CAROLINA BBQ SANDWICH** - Hand-pulled pork, toasted bun, coleslaw and BBQ sauce on the side 9.99

**NEW YORK DELI STYLE "SPECIAL"** - House roasted beef OR oven-roasted turkey OR corned beef, thick Jewish Rye bread, Swiss cheese 1000 Island dressing, coleslaw, tomato, onion, spicy brown mustard 10.99

**TUNA MELT** - Grilled tuna salad, American cheese, on your choice of bread 7.99 With bacon and/or tomato 9.99

**TUNA SALAD SANDWICH** - Homemade tuna salad, lettuce, tomato, mayo, onion, on your choice of bread 7.99

**CLUB SANDWICH** - Turkey, Corned beef, Swiss cheese, bacon, lettuce, tomato, mayo, on your choice of bread 10.99

**SMOKED SALMON B.L.T.** - Honey smoked salmon, bacon, lettuce, tomatoes, onions, cucumbers and housemade boursin cheese on your choice of bread 12.99

Bread Choices for above four sandwiches  
White • Wheat • Rye • Sourdough

# BURGERS

100% ground chuck, half pound burgers with lettuce, tomato, onion and crisp pickle spear, plus a choice of side.  
Substitute choice of side: House Salad \$2, Cup of Soup \$1.50 or Onion Rings \$3

\* **HAMBURGER** - 8.99

\* **CHEESEBURGER** - American cheese 9.99

\* **SPOTSWOOD MELT** - Bacon, grilled onions, Swiss and American cheeses, grilled sourdough 11.59

**GARDEN VEGGIE BURGER** - Provolone cheese, sun-dried tomato aioli 8.99

\* **BACON CHEESEBURGER** - Thick cut bacon, American cheese 11.59

\* **MUSHROOM CHEESEBURGER** - Sautéed mushrooms, American cheese 10.59

# PLATTERS

**FAMOUS MEATLOAF** - Boilermaker sauce, string beans beer battered onion rings, mashed potatoes, cornbread 14.99

**PORTABELLA PASTA** - Penne pasta, wilted baby spinach, provolone, sun-dried tomato garlic pesto, roasted red peppers, onions, tomatoes, herbed crostinis 14.59  
Add Grilled Chicken & Andouille Sausage 4.99

**CRISPY CHICKEN BURRITO** - Southern fried chicken tenders, herbed rice, cheddar jack cheese and caramelized onions in a flour tortilla topped with enchilada sauce, shredded lettuce, pico de gallo, sour cream, on bed of black beans 13.59

**SHRIMP & CHIPS** - Crispy fried shrimp, Old Bay fries, homemade coleslaw, cocktail sauce, cornbread 18.99

**BARBEQUED CHICKEN** - Roasted, grilled and basted with BBQ sauce, brown sugar baked beans, coleslaw and cornbread 14.99

\* **NEW YORK STRIP STEAK** - Pan roasted in garlic butter with house-made boursin cheese, caramelized onions, bacon, roasted potatoes, sautéed string beans 21.99

**NORFOLK HOT BROWN** - Grilled chicken, Surry ham, tomato, Norfolk Canyon Ale sauce and Cheddar Jack, over sourdough toast points, two sides 14.99

**HERB ROASTED HALF-CHICKEN** - Half of a tender chicken with two sides 14.99

**ROADHOUSE RIBS** - Whole rack of our famous baby back ribs, baked beans, coleslaw, cornbread 19.99

**CRAB CAKES** - Made fresh daily, corn salsa, remoulade, cornbread, two sides 18.99

**PIEROGIES** - Potato dumplings, andouille sausage, caramelized onions, asiago cheese, sour cream, field green salad with red wine vinaigrette 13.99 Add Shrimp 5.99

**SEAFOOD TRILOGY** - Homemade crab cake, Cajun marinated catfish, fried shrimp, Norfolk Canyon Ale sauce, steamed white rice, sautéed spinach, corn & black bean salsa, cornbread 19.99

# SIDES

À la Carte \$2.99

Crinkle Cut Fries • Coleslaw • Black Beans • Potato Salad

Corn & Black Bean Salsa • Potato Cheddar Gratin

Mashed Potatoes • Sautéed String Beans • Sautéed Spinach

Brown Sugar Baked Beans • Pasta Salad

# KIDS MENU

Includes choice of side

Chicken Fingers 5.59

Turkey Sandwich 4.59

Grilled Cheese 3.99

Hamburger Platter 3.99

Cheeseburger Platter 4.59

Tuna Salad Sandwich 4.59

# BEVERAGES

Pepsi • Diet Pepsi • Sierra Mist • Dr. Pepper • Ginger Ale • Mountain Dew • Lemonade • Iced Tea (Sweet & Unsweet) • Flavored Iced Teas (Raspberry, Mango or Peach) • Perrier • Bottled Sodas (Root Beer and Cream)  
Fiji Bottled Water • Hot Tea • Segafredo Coffee

Gratuity may be added to parties of 8 or more. • Check out our website at [www.nofrillgrill.com](http://www.nofrillgrill.com)

\*Consuming raw or undercooked meats, poultry, seafood or shellfish may increase your risk of foodborne illness.