

# THE SPRINGS

## BAR & GRILLE

*fine dining in a casual atmosphere*

### STARTERS:

New England Clam Chowder 8  
with crackers

Chips and Dip 8  
House made chips with spinach ranch dip

Fresh Mozzarella and Tomato Flat Bread 10  
Pesto, oven dried tomatoes, field greens  
and parmesan cheese

The Springs Wings 10  
Rosemary roasted with caramelized onions  
or Buffalo style

Spicy Calamari 12  
Cherry peppers, garlic, parmesan cheese with  
marinara dipping sauce and sweet chili sauce

Steamed PEI Mussels 10  
Garlic, thyme, white wine and grilled bread

Pot Stickers 10  
Served with a mayo avocado dipping sauce

### SALADS:

Iceberg Wedge Salad 8  
Blue cheese, bacon, tomatoes and red onion  
Add Sliced Steak 7

Caesar Salad 9  
Romaine lettuce, parmesan dressing with garlic croutons  
Grilled Chicken 3 • Grilled Salmon 5 • Grilled Shrimp 6

Greek Salad 10  
Romaine lettuce, sweet peppers, red onions, Feta cheese, cucumbers,  
Kalamata olives, lemon and olive oil  
Grilled Chicken 3 • Grilled Shrimp 6

### BURGERS & MORE:

The Springs Burger 10  
Hand formed, custom blend beef with American  
cheese with french fries

The Big Boy Burger 12  
Hand formed, custom blend beef topped with  
a fried egg, avocado mayo, bacon and pepper  
jack cheese with french fries

The Jamaican Burger 11  
Hand formed, custom blend beef smothered in  
cheddar cheese, caramelized hot peppers and  
Jamaican jerk sauce aioli with french fries

Portobello Burger 10  
Pesto mayo and Fontina cheese with french fries

Roasted Turkey Club 10  
Bacon, lettuce, tomato and mayo on  
toasted bread with french fries



**Note: Consuming raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness. Please inform your server if anyone in your party has a food allergy. Above prices are subject to NY sales tax. Parties of 6 or more will have an 18 percent gratuity added.**

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### ENTREES:

#### Grilled Chicken Breast 16

Thyme jus and served with fresh market vegetables and french fries

#### Jamaican Jerk Chicken 19

Served over steamed brown rice

#### Fish and Chips 17

#### Fried Shrimp Basket 17

House sauce, coleslaw and french fries

#### Mustard Glazed Salmon 19

Served with twice baked potatoes and fresh market vegetables

#### Loaded Mac and Cheese 16

Bacon, sausage, ham, and cherry peppers smothered in a four cheese blend

#### Crispy Half Duck 28

Finished with house duck sauce and drizzled with sweet soy

#### Springs Steak and French Fries 19

USDA aged bistro steak in a red wine demi glaze with french fries

#### New York Strip Steak 27

Caramelized onions and mushrooms topped with a Gorgonzola sauce and served with garlic mash potatoes and fresh market vegetables

#### Grilled Filet Mignon 29

In a red wine sauce and served with garden mashed potatoes and fresh market vegetables

### SWEETS:

8

Red Velvet Layer Cake

Warm Chocolate Fudge Cake

New York Cheesecake & Strawberries

Serious Carrot Cake

with cream cheese frosting



### REFRESHMENTS:

Coffee & Tea 3

Espresso 4

Cappuccino or Latte 5

Saratoga Sparkling or Natural Water

12 oz. 4

28 oz. 7