

# The Swinging Arm Lunch Menu



**360-886-5074**

There is a \$.35 To Go charge per item

Monday – Thursday 11-10  
Friday – Saturday 11-12  
Sunday 11-8

30741 3<sup>rd</sup> Ave Ste 105  
Black Diamond, WA 98010  
www.TheSwingingArm.com

## Appetizers

### Tomato Caprese - \$8

Bruschetta topped with Tomato Slices, Basil Leaves and Fresh Mozzarella Cheese. Sprinkled with Olive Oil and Balsamic Vinegar. Served with Pesto.

### Sliders - \$6.50

3 All Beef Sliders with Chipotle Mayonnaise and Swiss

### Jalapeño Bread - \$3.50

CJ's Fresh Focaccia Bread warmed and topped with Cheddar Cheese, Garlic and Jalapeños

### Chicken Quesadilla - \$7

Melted Cheddar and Jack Cheeses with Grilled Chicken. Served with creamy salsa spread.

### Asiago Chicken Strips - \$8

Crispy Baked Asiago Breaded Chicken Strips served with Goat Cheese Ranch Dressing

### Hot Wings - \$7

Served with cooling Bleu Cheese Dressing

### Chips & Salsa - \$4

Penny's all natural Tortilla Chips served with Penny's Fresh Salsa

### 6 Layer Dip - \$5

Penny's all natural Tortilla Chips served with Penny's Fresh Salsa and Guacamole, Sour Cream and Refried Beans topped with Cheese

### Breads & Spreads - \$6

Warmed Italian Bread served with Roasted Red Pepper Spread and Olive Oil and Balsamic

### Tator Tots - \$3

Add Cheese \$1 Add Chilli n Cheese \$2

### Jalapeño Bread - \$3.50

CJ's Fresh Focaccia Bread warmed and topped with Cheddar Cheese, Garlic and Jalapeños

## Soup

### Jalapeño Chicken Chowder – Cup \$3.50 Bowl \$5

Chicken and Potato mildly spiced with Jalapeños

### Tomato Bisque - Cup \$3.50 Bowl \$5

Roasted Tomatoes, Caramelized Onions and Celery

## Salads

Add Chicken to any salad for \$2

Dressings - Ranch, Honey Mustard,

Raspberry Vinaigrette, Bleu Cheese, 1000 Island, Balsamic Vinaigrette

### House Salad - \$3.50

Fresh Mixed Greens garnished with Tomatoes, Monetary Jack Cheese, and Homemade Croutons. Served with your choice of dressing.

### Spinach Salad Whole - \$9 Half \$6

Fresh Spinach with Bleu Cheese, Dried Cranberries, and Candied Walnuts. Served with Raspberry Vinaigrette.

### Caesar Whole - \$9 Half \$6

Fresh Romaine Lettuce with Shredded Parmesan and Homemade Croutons tossed in Caesar Dressing

### Chef Salad Whole - \$10 Half - \$7

Fresh Greens, Sliced Ham, Turkey, Egg, Tomato, Green Onion, Bell Peppers, Black Olives, Swiss and Cheddar Cheese

**All Wraps, Panini's, Sandwiches and Burgers are served with  
Chips and a Pickle  
Substitute Tator Tots for Chips - \$2**

## Wraps

### Turkey Bacon - \$8

Turkey, Bacon, Lettuce, Tomato, Green Onion and Ranch Dressing

### BLT - \$8

Classic BLT all wrapped up

### Caesar - \$9

Romaine Lettuce, Chicken, and Parmesan Cheese with Caesar Dressing

## Panini's

### Veggie - \$9

Pesto, Tomatoes, Artichoke Hearts, Mozzarella, Basil, and Sundried Tomatoes. Served open faced.

### Italian - \$9

Pepperoni, Ham, Provolone Cheese, Onion and Marinara

### Black Forest Ham - \$9

Served with Havarti Cheese and Mayonnaise

### Flank Steak - \$9

Certified Angus Beef with Swiss Cheese and Grilled Onions

### Pesto - \$9

Traditional Pesto, Fresh Mozzarella, Sliced Tomato and Basil Leaves

### Turkey - \$9

Turkey, Grilled Onion, Tomato, Swiss Cheese, and Pesto Mayonnaise

## Sandwiches

### Reuben - \$10

Certified Angus Corn Beef, Sauerkraut, Swiss Cheese and 1000 Island dressing on a Grilled Marbled Rye

### French Dip - \$10

Certified Angus Beef with Grilled Onions and Swiss Cheese on a Hoagie Roll. Served with side of Au Ju Sauce

### Grilled Salmon - \$11

Wild Sockeye Salmon on a Ciabatta Roll with Chipotle Mayonnaise, Lettuce and Tomatoes

### Turkey - \$8

Turkey with Cranberry Cream Cheese. Served on Sourdough Bread with Havarti cheese and Lettuce

## Burgers

### Burger Additions - \$1 Ea.

Grilled Mushrooms, Grilled Onions, Guacamole, Egg, BBQ Sauce, Jalapenos, Salsa, Pineapple

### The Swinging Arm - \$10

Certified Angus Beef in a 1/3 pound patty with Bacon and Sliced Cheddar Cheese. Garnished with Lettuce, Tomato and Onion.

### Hawaiian Burger - \$11

1/3 pound Certified Angus Beef topped with loads of Grilled Pineapple and Swiss Cheese

### Miners Burger - \$12

1/3 pound Certified Angus Beef topped with a Fried Egg, 2 strips of Bacon, Lettuce and Tomato topped with Cheddar Cheese

### Shroom Burger - \$11

1/3 pound Certified Angus Beef topped with loads of Grilled Mushrooms and Swiss Cheese

## Pizza

### **The Works** - \$15

Sweet Italian Sausage, Pepperoni, Mushrooms, Mozzarella Cheese, Red Onions, Green Peppers and Black Olives

### **Mediterranean** - \$15

Olive Oil, Fresh Mozzarella, Goat Cheese, Mixed Peppers, Mushrooms, Fresh Basil and Chicken

### **White** - \$14

Creamy Ranch, Chicken, Cilantro, Red Onion, Bacon, and Goat Cheese

### **BBQ** - \$13

BBQ Sauce, Mozzarella Cheese, Chicken, Red Onions and Cilantro

### **The Swinging Arm** - \$17

Flank Steak, Grilled Onions, Feta and Cilantro

### **Meat Special** - \$15

Pepperoni, Italian Sausage, Ground Beef, and Canadian Bacon

### **Marguerite** - \$13

Olive oil and Roasted Garlic, topped with Tomatoes, Fresh Mozzarella and Fresh Basil

### **Five Cheese** - \$12

Mozzarella, Provolone, Romano, Parmesan and Cheddar

### **Pesto** - \$13

Fresh Pesto Sauce with Grilled Chicken and Artichoke Hearts

### **Hawaiian** - \$13

Canadian Bacon and Pineapple

### **Build Your Own** - \$12

## Cheese

Pizza Blend

Fresh Mozzarella

Feta

Parmesan

Cheddar

## Basic Toppings \$1

Roasted Garlic

Tomatoes

Jalapeño Slices

Pepperoni

Canadian Bacon

Pineapple

Onions

Black Olives

Mushrooms

Extra Cheese

Extra Sauce

Green Bell Peppers

Mixed Bell Peppers –  
Red, Yellow, Orange

## Sauces

Marinara

Pesto

Olive Oil & Garlic

Ranch

## Premium Toppings \$1.5

Basil Leaves

Pine Nuts

Sun-dried Tomatoes

Artichoke Hearts

Grilled Chicken

Spinach Leaves

Capers

Ground Beef

Italian Sausage