

Catch 22 Fresh Market Grill Lunch Pasta's and Steakhouse Menu

Oven Roasted Penne Grilled chicken, mushrooms, spinach, and Bermuda onion in our roasted garlic tarragon rose sauce, glazed with mixed cheese 15.99

Angel Hair Pasta with Shrimp Roasted garlic shrimp sautéed in extra virgin olive oil with sweet peppers, Bermuda onion, fresh basil, fresh tomatoes and spinach 16.99

Catch 22's Blue Cheese Penne With grilled chicken, spinach, sun dried tomatoes, Bermuda onion and blue cheese roasted garlic cream 15.99

Black Forest Penne Penne tossed in a vodka tomato cream sauce with black forest smoked ham, scallions, red onion and fresh spinach 14.99

Fettuccine Carbonara Roasted double smoked bacon, sautéed mushrooms, sweet red onions and spinach in a roasted garlic white wine cream sauce finished with parmesan cheese 14.99

From the Steakhouse

Ribeye Steak

8 oz 21.99 14 oz 27.99 20 oz 37.99

Top Sirloin Steak

10 oz. 19.99

New York Striploin

8 oz 22.99 14 oz 28.99 20 oz 38.99

Filet Mignon

6 oz Petit Filet 24.99 10 oz Filet 34.99

T-Bone

18 oz 29.99

Additions

Catch 22 cognac Madagascar peppercorn 2.99

Fresh béarnaise 2.99

Butter sautéed wild mushroom medley 3.99

7 day cabernet sauvignon demi glace 2.99

Catch 22's golden fried Tabasco onions 2.99

Caramelized onion 2.99

You may **Oscarize** any steak with crab meat fresh asparagus and béarnaise sauce 9.99

How would you like that cooked?

Blue rare - cool centre, quick sear

Medium rare - warm centre, red throughout

Medium well - cooked throughout slightly pink in centre

Chicago - seared to crisp on the outside and cooked to desired doneness on the inside

Pittsburgh - black and blue - seared crisp on the outside and blue on the inside

Rare - cool centre, bright red throughout

Medium - warm pink centre

Well done - hot, fully cooked throughout

Chef Bob's Secret To Great Steak

Buy Quality Start with a great steak. AAA to prime and trimmed to Chef Bob's exact specifications.

Ageing Age the steak a minimum of 30 days.

Season It Seasoned with our own blend of sea salt and medley of cracked peppercorns.

Rest It Allowed the steak to rest after cooking to let the natural juices settle back into the steak

Compliment It Chef Bob suggests a good cabernet or red zinfandel