

# The Zip and Sip

---

## ✦ STARTERS AND LITE BITES ✦

<b>BEER BREAD</b>	\$5
Served with honey butter or garlic butter	
<b>CHEESE AND FRUIT</b>	\$14
Seasonal Fruit and a variety of cheeses	
<b>THE JARCUTERIE</b>	\$16
Cheese, apples, onion, salami, walnut, pickle, craisins, in a mustard vinaigrette. Served in a chilled mason jar.	
<b>HIGHLIFE NACHO</b>	\$18
Tortilla Chips, cheese, Lancey's famous meat chili, jalapenos, salsa, sour cream, and guacamole. Without meat chili- \$14	
<b>THE PERFECT LUNCH</b>	Cup \$12/ Bowl \$14
Soup, salad, and beer bread. Sub Lancey's famous chili- \$4	

## ✦ SALADS ✦

Dressing Options: Ranch, Bleu Cheese, Creamy Italian, Honey Mustard, Balsamic Vinaigrette.

Add a cup of soup \$4

<b>CHEF SALAD</b>	\$15
Greens, ham, turkey, hard boiled egg, red onion, tomato, pickle, croutons.	
<b>CHICKEN CAESAR SALAD</b>	\$16
Romaine Greens, caesar dressing, parmesan cheese, pickled red onion and sourdough croutons	
<b>COBB SALAD</b>	\$17
Greens, turkey, bacon, tomato, hard-boiled egg, bleu cheese, avocado, red onion.	
<b>CHOP CHOP SALAD</b>	\$17
Greens, apples, walnuts, craisins, feta cheese, salami, and red onion in a balsamic vinaigrette	

## ✦ SIDES ✦

<b>KETTLE CHIPS</b>	\$3
<b>HIGHLIFE HOUSE SLAW</b>	\$3
<b>MACARONI SALAD</b>	\$4
<b>CHIPS AND SALSA</b>	\$6
<b>HOUSE SALAD</b>	\$7
<b>SOUP OF THE DAY</b>	Cup \$7/ Bowl \$10
<b>LANCEY'S FAMOUS ALL MEAT CHILI</b>	\$15

## ✦ SANDWICHES ✦

Do it your way! All sandwiches offered as a cold sandwich, panini, tortilla wrap or lettuce wrap.  
Served with your choice of mac salad, coleslaw, or chips

<b>TRIPLE ZIP GRILLED CHEESE</b>	\$14
Swiss, cheddar, and pepperjack with garlic herb cream cheese. Add tomato, onion, or avocado \$2	
<b>BERRY BIRD</b>	\$14
Turkey, cream cheese, swiss, marionberry spread	
<b>THE CAPRESE</b>	\$14
Havarti cheese, tomato, red onion, pesto and a balsamic reduction. Add chicken for \$4	
<b>HAWAIIAN PANINI</b>	\$14
Ham, swiss, pineapple and garlic herbed cream cheese	
<b>HIGHLIFE BLT</b>	\$15
Bacon, lettuce, tomato, onion, avocado and garlic herb cream cheese	
<b>THE TURKEY PESTO</b>	\$15
Turkey, havarti cheese, pesto, onion and lettuce	
<b>POPPER PANINI</b>	\$15
Cheddar, bacon, jalapeños, and our garlic herb cream cheese. Add chicken for \$4	
<b>THE CUBAN GRILL</b>	\$16
Turkey, ham, swiss, dill pickle, garlic herb cream cheese, and mustard	
<b>ITALIAN PANINI</b>	\$17
Salami, turkey, provolone, pickled onion, pesto and our garlic herb cream cheese	
<b>THE ZIPPIDYDOODAH</b>	\$17
Turkey, ham, bacon, pepperjack, lettuce, onion, tomato, pickle and mayo	
<b>THE JAKE</b>	\$18
Turkey, salami, provolone, sundried tomato, pepperoncini and green olives	

## ✦ BURGERS ✦

<b>ADD CHICKEN, HAM OR BACON</b>	\$4
<b>CHEESEBURGER</b>	\$14
All beef patty, lettuce, onion, tomato, mayo, pickle and your choice of cheese. Add bacon for \$3	
<b>WESTERN BURGER</b>	\$16
Bacon, house BBQ sauce, cheddar and crunchy onion	
<b>THE FIREMAN</b>	\$16
Swiss, pineapple, and jalepenos	
<b>CALIFORNIA BURGER</b>	\$17
Bacon, avocado, cheddar and crunchy onion	
<b>SASQUATCH BURGER</b>	\$19
Double angus patty, bacon, swiss, cheddar and burger sauce	