BOWLS

New England Clam Chowder 5.95
Beef and Bean Chili 4.95
Soup of the Day 4.50

GREENS

Tangy Caesar Salad with Asiago Chips 7.95

Field Greens with Lemon or Balsamic Vinaigrette 6.50

Roasted Beets and Field Greens Salad with Goat Cheese and Balsamic Vinaigrette 7.95

Fried Oyster Salad over Baby Spinach tossed in Lemon Vinaigrette topped with Roasted Mushrooms 9.95

Chopped Vegetable Salad with Sherry Wine Vinegar and Crumbled Gorgonzola Cheese 8.95

Baby Arugula with dried Cranberries, Apricots, Golden Raisins, candied Pecans, and crumbled Gorgonzola Cheese tossed in a Cider-White Balsamic Vinaigrette 9.95

Baby Spinach Smoked Trout, shaved Red Onions, Capers, and Focaccia Croutons tossed in a Creamy Pancetta-Chive Dressing 10.95

Add Chicken 3.00

LARGE PLATES

Grilled Salmon over a Root Vegetable and Potato Hash with sautéed Snap Peas and a Cranberry, Maple-Mustard Glaze *20.95

Pan Seared Sea Scallops over a Pancetta Bacon and Roasted Garlic Risotto Cake with sautéed Haricot Verts and a Creamy Leek Sauce 27.95

"Everything" Encrusted Tuna with Port Wine Sauce over Basil Mashed Potatoes with Julienne Tomatoes *21.95

Elbow Room Pot Roast with a Pan Gravy, Mashed Potatoes and Sautéed Julienne Vegetables 16.95

Grilled New York Strip Steak over roasted Garlic mashed Potatoes with grilled Asparagus *27.95

Grilled Beef and Vegetable Kabobs over Scallion Rice and drizzled with a Homemade Steak Sauce* 16.95

Cornmeal Crusted Chicken with a Pan Gravy over Roasted Vegetable mashed Potatoes 16.95

Twin Pasta with Chicken, Sausage, and Green Peas tossed in a Black Pepper Cream Sauce 15.95

Elbow Rooms' baked Macaroni with Many Cheeses 11.95

Wild Mushroom, smoked Tomato, Leek and Mozzarella Pie topped with a roasted Yellow Pepper Cream and Balsamic dressed Greens 13.95

Blackened Grouper "Tacos" in Flour Tortillas with a Cilantro-Habanero Pesto, a Mango-Tomato and Avocado Salsa, and side of Sour Cream 18.95 or available as an Appetizer 10.95

Pan fried Eggplant, Mascarpone Polenta, and Spinach Stack with a Tomato Coulis 13.95

Sheppard's Pie with Beef, Green Peas, Corn, and topped with mashed Potatoes 13.95

*Thoroughly cooking meats, poultry, seafood, shellfish and eggs reduces the risk of food borne illness. State of Connecticut Department of Health

BURGERS

Benny's Bar Burger on a Toasted Kaiser Roll with Caramelized Onions and Elbow Room Fries *9.50
Or Topped with Avocado, Pepperjack Cheese, and a Fried or Sunnyside Up Egg* 10.95
add New York State Cheddar Cheese .50

All American Bison Burger with Caramelized Onions and Elbow Room Fries *9.95
add New York State Cheddar Cheese .50

The Kobe Burger with Caramelized Onions and Elbow Room Fries *12.95
Add New York State Cheddar Cheese .50

Grilled Turkey Burger on a toasted Kaiser Roll with a Cranberry-Chipotle Aioli and Sweet Potato Fries 9.95

Grilled Zucchini, Squash, Tomato, and fresh Mozzarella Sandwich on Sundried Tomato Focaccia Bread with an Onion and Herb Tapenade and side of Hummus and Pita Chips 9.95

Grilled Marinated Portobello Mushroom Cap with roasted Tomatoes, Cucumbers, Feta Cheese, and a Saffron Aioli on Homemade Foccacia Bread with a side of Lemon dressed Greens 8.50

Jumbo Maine Crab Cake Sandwich with a Tomato Remoulade, drizzled with a Basil Oil and a side of Lemon Greens 11.95

Add Mushrooms to any Burger .50
Add Bacon to any Burger .50

Panini's

Grilled Eggplant with Cucumbers, roasted Red Peppers, Arugula, Goat Cheese and a roasted Yellow Pepper Pesto with Balsamic dressed Greens 9.95

Tomato, Spinach, shaved Onions, fresh Mozzarella, a Basil-Rosemary Pesto, and a Balsamic Glaze with Lemon dressed Greens 9.95

BBQ Chicken with Caramelized Onions, and smoked Cheddar Cheese with Elbow Room Fries 10.50

Grilled Chicken with Proscuitto, slow roasted Tomatoes, Red Wine marinated Onions, Spinach, and a Black Olive Aioli with Elbow Room Fries 10.50

Turkey, Ham, Pancetta, Gruyere Cheese, Tomatoes, and Arugula with Hand Cut Potato Chips 10.50

Pepperoni, Salami, Chorizo, Marinara Sauce, sautéed Peppers and Onions, and Pepperjack Cheese with Hand Cut Potato Chips 10.50

… YOUR SERVER WILL AUTOMATICALLY ADD AN 18% GRATUITY TO PARTIES OF EIGHT OR MOR E*Thoroughly cooking meats, poultry, seafood, shellfish and eggs reduces the risk of food borne illness. State of Connecticut Department of Health

LUNCH

BOWLS

Elbow Room Beef and Bean Chili 4.95
New England Clam Chowder 5.95
Soup of the Day 4.50

GREENS

Tangy Caesar Salad served with Asiago Chips 7.95 … add Chicken 10.95

Field Greens with Lemon or Balsamic Vinaigrette 6.50

Roasted Beets and Field Greens Salad with Goat Cheese and Balsamic Vinaigrette 7.95

Fried Oyster Salad over Baby Spinach tossed in Lemon Vinaigrette
Topped with Roasted Mushrooms 9.95

Cobb Salad of Grilled Chicken, Avocado, Slow Roasted Tomatoes, Gorgonzola Cheese and a Smoked Bacon Vinaigrette 10.95

Chicken Salad with dried Cranberries, Raisins, and Apricots and Lemon dressed Greens 8.95

Chopped Vegetable Salad with Sherry Wine Vinegar and Crumbled Gorgonzola Cheese 8.95

Baby Arugula with dried Cranberries, Apricots, Golden Raisins, candied Pecans, and Gorgonzola Cheese tossed in a Cider-White Balsamic Vinaigrette 9.95

Mixed Greens with grilled Flank Steak, shaved Onions, Shiitake Mushrooms, and Asparagus tossed in a Sherry-Dijon Vinaigrette 11.95

Baby Spinach with Smoked Trout, shaved Red Onions, Capers, and Focaccia Croutons tossed in a Creamy Pancetta-Chive Dressing 10.50

Add Grilled Chicken to any Salad for 3.00

LARGE PLATES

Elbow Room Pot Roast with Gravy, Mashed Potatoes and Sautéed Mixed Vegetables 11.95

Twin Pasta with Chicken, Sausage & Sweet Green Peas in a Black Pepper Cream Sauce 10.95

Elbow Room Baked Macaroni and Many Cheeses 10.95

Chicken Pot Pie with a Huge Cheddar Biscuit 11.95

Panini's

Pepperoni, Salami, Chorizo, sautéed Peppers and Onions, and Pepperjack Cheese with Hand Cut Potato Chips 10.50

Tomato, Spinach, shaved Onions, fresh Mozzarella, a Basil-Rosemary Pesto, and a Balsamic Glaze with Lemon dressed Greens 9.95

BBQ Chicken with caramelized Onions and smoked Cheddar Cheese with Elbow Room Fries 10.50

Grilled Chicken with Proscuitto, slow roasted Tomatoes, Red Wine Marinated Onions, Spinach and a Black Olive Aioli with Elbow Room Fries 10.50

Turkey, Ham, Pancetta, Tomato, Gruyere Cheese, and Arugula and Hand Cut Chips 10.50

Grilled Eggplant with Cucumbers, roasted Red Peppers, Arugula, Goat Cheese and a roasted Yellow Pepper Pesto with Balsamic dressed Greens 9.95

SANDWICHES

Benny's Bar Burger on a toasted Kaiser Roll with caramelized Onions and Elbow Room Fries *9.50
Add New York State Cheddar Cheese .50

All American Bison Burger with Caramelized Onions & Elbow Room Fries *9.95
Add New York State Cheddar Cheese .50

The Kobe Burger with Caramelized Onions and Elbow Room Fries *12.95

French Dip with Roast Beef, Caramelized Onions, and Swiss Cheese on a Toasted Club Roll served with a side of Beef Au Jus and Elbow Room Fries 9.95

BBQ Pulled Pork Sandwich on a toasted Kaiser Roll topped with Coleslaw with a side of Hand Cut Potato Chips 9.95

Corned Beef Reuben with Sauerkraut and 1000 Island dressing on Rye with Cole Slaw 8.95

Grilled Chicken Sandwich on a Toasted Club Roll with Arugula, a smoked Red Pepper Aioli, and a Goat Cheese-Herb Spread with Balsamic dressed Greens 9.50

Grilled Marinated Portobello Mushroom Cap with roasted Tomatoes, Cucumbers, Feta Cheese, and a Saffron Aioli on Homemade Foccacia Bread 8.50

Fresh Turkey Sandwich with Pineapple Mango Spread, Red Pepper and Spinach, topped with Monterey Jack Cheese on Ciabatta Bread served with Hand Cut Potato Chips 8.50

Tuna Salad Wrap in a Sundried Tomato Tortilla with Lettuce, Tomato, Havarti-Dill Cheese and a Black Pepper Aioli 11.95

Grilled Turkey Burger on a toasted Kaiser Roll with a Cranberry-Chipotle Aioli with Sweet Potato Fries 9.95*

Jumbo Maine Crab Cake Sandwich on a toasted Kaiser Roll with a Tomato Remoulade and Lemon dressed Greens 11.95

Benny's Bar Burger topped with Avocado, Pepperjack Cheese, and a fried or Sunnyside Up Egg with Elbow Room Fries 10.95*

… YOUR SERVER WILL AUTOMATICALLY ADD AN 18% GRATUITY TO PARTIES OF EIGHT OR MORE

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-Small Plates

All American Nachos- Red, White, and Blue Tortilla Chips, Onions, Tomatoes, Chives, Jalapenos, melted Jack and Cheddar Cheese with sides of Sour Cream, Salsa, and Chili 10.95

Elbow Room Quesadillas with Peppers, Onions, Jalapenos, melted Cheddar and Jack Cheeses in a Crispy Flour Tortilla- choice of Chicken, Beef or Steak 10.95

Crispy Potato Skins with Pepperjack Cheese, Pancetta, Chives with a side of Sour Cream 7.95

Shrimp Cocktail 8.50

Hand Cut Potato Chips with Gorgonzola Dipping Sauce 3.95

Spiced Sweet Potato Fries with a Gorgonzola Dipping Sauce 4.95

Damn Good Clams-Manilla Clams with Sweet Sausage, Pancetta, Corn, Scallions, and Tomatoes steamed with Narragansett IPA 12.95

Deep Fried Calamari served with a Habanero Tartar Sauce and a side of Marinara 10.95

Grilled Ginger-Lime marinated Shrimp Skewers over a Bed of Micro Greens and topped with an Orange, Daikon, and Green Onion Slaw11.95

Sautéed Shrimp in a Three Chili Tomato Broth with a toast Point 10.50

Fried Cheeseburger Wontons and loaded Baked Potato Poppers with Gorgonzola dipping sauce 6.95

Jumbo Maine Crab Cake with Lemon dressed Greens, Tomato Remoulade, and a Basil infused Oil 11.95

Fried Oyster Basket served with a Spicy Remoulade 9.95

Homemade Vegetable Ravioli with a Red Pepper Cream Sauce 8.95 Appetizer 14.95 Entree

"Buffalo" style Oysters with Bleu Cheese, Celery, and Carrots 9.95

Mini-Burgers

Hand formed Mini Burger Bites on toasted Kaiser Buns with Elbow Room Fries
Choice of Bison 9.95(single order-4) 20.95(double order-8)*
Kobe 12.95(single order-4) 24.95(double order-8)*
Benny's Bar Burger 9.50(single order-4) 19.95(double order-8)*
BBQ Pulled Pork 9.95(single order-4) 19.95(double order-8)
Add New York State Cheddar Cheese-.50
Add Mushrooms-.50
Add Bacon-.50

Wings

Single Order (6) 6.95
Double (12) 13.95
Triple (18) 20.95
Grand Slam (24) 24.95

Boneless Chicken Tenders

Single Order (4) 6.95
Double (8) 13.95
Triple (12) 20.95
Grand Slam (16) 24.95

All orders are served with Celery and Carrot Sticks and a side of Bleu Cheese or Ranch Dressing

Choice of Sauces

BBQ, Garlic-Parmesan, Honey-Mango Habanero, Sweet and Spicy, Mild, Hot, and Nuclear

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