



# Post Oak Grill

Restaurant and Lounge



## *Lunch Menu*

Reserve Now

(713) 993-9966

[www.PostOakGrill.com](http://www.PostOakGrill.com)

## *Healthy Entrees:*

	cup	bowl
<b>Soup of the Day</b>	<b>\$6.00</b>	<b>\$10.00</b>
<b>Jumbo Lump Crab Cake</b>		<b>\$14.95</b>
Our tantalizing mixture of local lump crabmeat, served with Chipotle remoulade		
<b>POG Salad</b>		<b>\$6.95</b>
Baby mixed greens, pine nuts, Texas goat cheese and our Dijon mustard vinaigrette		
<b>Famous Tomato Salad</b>		
Sliced Roma tomato, heart of palm and shaved red onion, tossed in our house herb vinaigrette		<b>\$6.95</b>



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## *Small Plates:*

<b>Black Bean Soup</b> garnished with Pico de Gallo	<b>\$5.95</b>
<b>Tuscan Soup</b> chicken vegetable broth with shredded chicken, Penne noodles, Pico de Gallo and avocado	<b>\$10.00</b>
<b>Kale, Orange Salad</b> with Grilled Chicken tossed in our honey ginger vinaigrette	<b>\$6.95</b>
<b>Grilled Vegetable Plate</b> with a side of Capellini pasta	<b>\$14.95</b>
<b>Organic Tomato Salad</b> with Grilled chicken, Beefsteak tomato, lettuce, caramelized pecans, and avocado in a Pesto vinaigrette	<b>\$17.95</b>
<b>Healthy Lean Turkey Burger</b> on honey wheat bun and fruit	<b>\$12.95</b>
<b>Seasonal Fruit Plate</b> with honey Ricotta Cheese	<b>\$13.95</b>

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## *Great Salads:*

<b>California Chicken</b> Mixed greens, tomato, apple, cucumber, bacon, and Gorgonzola tossed in blue cheese dressing	<b>\$14.95</b>
<b>Polo's Chopped Caesar</b> Chicken, Romaine, cucumber, tomato, heart of palm, and roasted corn, tossed in classic Caesar dressing	<b>\$15.95</b>
<b>Southwest Chicken</b> Mixed greens, corn, black beans, avocado, queso fresco, tomato, and cucumber in Cilantro vinaigrette	<b>\$16.95</b>
<b>Shrimp &amp; Crab Salad</b> Local shrimp and crab tossed in a creamy lemon dressing with avocado and tomato	<b>\$18.95</b>
<b>Nantucket Spinach with Chicken</b> Baby spinach, caramel pecans, blueberries, blue cheese in a blueberry vinaigrette	<b>\$16.95</b>
<b>Coast Crab Cake</b> Golden local lump crab cakes, seasonal greens with Dijon vinaigrette	<b>\$18.95</b>
<b>Ahi Tuna</b> Sashimi grade Tuna seared and sliced over Asian vegetables tossed in a ginger soy vinaigrette	<b>\$18.95</b>
<b>Steak Salad</b> Flank steak, baby lettuce, blue cheese, mixed berries, spiced pecans with Tequila vinaigrette	<b>\$15.95</b>
<b>Ethel's Salmon</b> Grilled salmon over Orzo pasta, tomato, egg, and mixed greens with Dijon vinaigrette	<b>\$18.95</b>
<b>Santa Fe</b> Chicken strips, mixed greens, bacon, tomato, and Monterrey Jack, with honey mustard	<b>\$15.95</b>
<b>Warm Grilled Chicken</b> Marinated chicken, mixed greens, apple, blue cheese, egg, and tomato, with house herb vinaigrette	<b>\$16.95</b>
<b>Blackened Shrimp</b> Blackened jumbo Gulf shrimp, mixed greens, with honey lime mustard vinaigrette	<b>\$18.95</b>

## *Sandwiches:*

Includes Your Choice of Potato Chips, French Fries, Salad,  
or Fruit and **Post Oak Grill Artisan Bread**

<b>Post Oak De Luxe Burger B-L-T-CH-O</b>	<b>\$14.95</b>
<b>Albacore Tuna Salad Sandwich</b> on croissant with lettuce, tomato	<b>\$12.95</b>
<b>Steak Sandwich</b> sliced steak, onions, avocado, tomatoes, queso Fresco with horseradish	<b>\$14.95</b>
<b>The Sampler</b> cup of soup and half tuna or half chicken salad sandwich	<b>\$12.95</b>
<b>Turkey Havarti Sandwich</b> croissant, tomato, lettuce, cranberry mayonnaise	<b>\$12.95</b>
<b>Grilled Chicken Breast Sandwich</b> avocado, hickory smoked bacon, lettuce and tomato	<b>\$12.95</b>
<b>Post Oak Club</b> chicken, tomatoes, bacon, cheddar cheese, ham, Swiss cheese on toasted bread	<b>\$14.95</b>
<b>Chicken Salad Sandwich</b> with roasted pecans	<b>\$11.95</b>



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## *Pasta:*

- Grilled Chicken Capellini Pasta** mushrooms, spinach, broccoli, cherry tomatoes and a smoked Pomodoro sauce **\$16.95**
- Lobster Ravioli** wild mushrooms, Bianco sauce, caramelized onions and blackened chicken **\$18.95**
- Pasta Diablo** crispy shrimp over Capellini, served with a spicy roasted tomato sauce **\$17.95**
- Angel Hair Pasta and Roma Tomatoes** fresh garlic, basil and extra virgin olive oil plain or your choice of Chicken **\$16.95** With your Choice of Shrimp **\$18.95**
- Linguini Piccata** Romano crusted chicken, asparagus, tomato, mushrooms tossed in Bianco sauce **\$17.95**

## Entrees:

<b>Macaroni and Cheese</b> Homemade macaroni, jumbo lump crabmeat, Pacific shrimp and melted white Cheddar cheese	\$18.95
<b>Pepper Crusted Ahi Tuna</b> with a grain Dijon mustard mushroom sauce, Basmati rice and sautéed spinach	\$21.95
<b>Grilled Lemon Pepper Chicken Breast</b> sautéed spinach accompanied with Linguini	\$17.95
<b>Grilled Sliced London Broil</b> whipping potatoes vegetables, topped with a Port wine reduction	\$18.95
<b>Chicken Fried Chicken</b> with mashed potatoes and peppercorn gravy sauce	\$15.95
<b>Crispy Shrimp Platter</b> over fried potatoes finished with Chipotle remoulade sauce	\$17.95
<b>Grilled Wild Salmon</b> over sautéed spinach and artichokes with a sun dried tomato sauce	\$20.95
<b>Rainbow Trout</b> with asparagus, roasted garlic caper sauce and mushroom risotto	\$17.95
<b>Spicy Fish Tacos</b> served with cabbage and Habanero sauce	\$14.95
<b>Sautéed Flounder</b> served with tomato risotto and lobster sauce	\$18.95