

Lunch Menu

(all wraps can be made as a salad for GF)

Half/Full
Mediterranean Wrap \$7/\$10
Hummus, cucumbers, artichoke hearts, Kalamata olives, Feta Cheese and Romaine lettuce in a wheat wrap

Chicken Caesar Wrap \$7/\$10
Grilled chicken with romaine, tomato, Parmesan and Caesar dressing in a wheat wrap

Chicken Pesto Wrap \$7/\$10
Grilled chicken with pesto, fresh mozzarella cheese, sun-dried tomato and mixed greens in a whole-wheat wrap

Caribbean Wrap \$7/\$10
Jerk marinated grilled chicken with mango chutney and carrots in a whole-wheat wrap

Beef/Chicken Fajita Wrap \$7/\$10.50
Grilled marinated beef with sautéed onions and peppers, jack cheese and avocado in a wheat wrap

Chicken Salad Wrap \$7/\$10
Grilled chicken salad with Mixed Greens served on a wheat wrap.

BLT Wrap \$7/\$10
Bacon, sun-dried tomato, avocado, romaine and mayo in a whole-wheat wrap

Chicken Salad Sandwich \$10
Grilled chicken salad served on a croissant



Caesar Salad – GF \$7.50
Romaine lettuce with parmesan cheese and house made croutons
Add grilled chicken - \$3.00

Pacific Rim Salad \$7.50
Mixed greens, dried mango, roasted edamame and a sesame vinaigrette
Add grilled chicken - \$3.00

Greek Salad - GF \$7.50
Romaine lettuce, feta cheese, Roma tomatoes, cucumbers, Kalamata olives and lemon vinaigrette
Add grilled chicken - \$3.00

Salad Trio \$10
Chicken salad, pasta salad and fruit salad

Chef Salad - GF \$12.00
Mixed Greens, ham, turkey, egg, avocado

Cobb Salad - GF \$12.00
Mixed Greens, Chicken, bacon, blue cheese

Drinks

Tea \$2.50

Tea by the gallon \$5.50

Smart Water \$1.99

Half Wraps come with one side.
Full wraps come with two sides.

Sides:
Fruit
Quinoa
Pasta Salad
Grape Salad

Ala Carte Sides are available for \$3

If you want, call to order 817-926-2762

If there is something that you would like, please let us know. We pride ourselves on being able to make anything.

Lunch service ends at 2:00 on Fridays

Quad Menu

Chicken Salad Quad \$9.50

Chicken Salad, hard-boiled egg, crackers & fruit

Tuna Salad Quad \$9.50

Tuna Salad, Greek marinated veggies, cracker & hard-boiled egg

Egg Salad Quad \$9.50

Egg Salad, GF Crackers, celery & grapes

Salami Quad \$9.50

Salami, cheddar slices, grapes & crackers

Mediterranean Quad \$9.50

Hummus, veggies, pita & Greek marinated veggies

Custom Quad (pick 1) \$10.50:

If 2 proteins are picked add an additional \$1

Chicken Salad

Tuna Salad

Egg Salad

Grilled Chicken

Jerk Chicken

Beef Fajita Meat

Salami

(Pick 3)

Hummus

Spicy Hummus

Raw Veggies

Grapes

Fruit mixed melons (seasonal)

Crackers

GF crackers

Pita bread

Hard-boiled egg

Pasta salad

Quinoa salad

Greek marinated veggies

Cheddar cheese slices

