

## Lunch Menu

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

	Half/Full
Mediterranean Wrap <i>Hummus, cucumbers, artichoke hearts, Kalamata olives, Feta Cheese and Romaine lettuce in a wheat wrap</i>	\$7/\$9.50
Chicken Caesar Wrap <i>Grilled chicken with romaine, tomato, Parmesan and Caesar dressing in a wheat wrap</i>	\$7/\$9.50
Chicken Pesto Wrap <i>Grilled chicken with pesto, fresh mozzarella cheese, sun-dried tomato and mixed greens in a whole-wheat wrap</i>	\$7/\$9.50
Caribbean Wrap <i>Jerk marinated grilled chicken with mango chutney and jicama in a whole-wheat wrap</i>	\$7/\$9.50
Beef/Chicken Fajita Wrap <i>Grilled marinated beef with sautéed onions and peppers, jack cheese and avocado in a wheat wrap</i>	\$7/\$10.00
Chicken Salad Wrap <i>Grilled chicken salad with Mixed Greens served on a wheat wrap.</i>	\$7/\$9.50
BLT Wrap <i>Bacon, sun-dried tomato, avocado, romaine and mayo in a whole-wheat wrap</i>	\$7/\$9.50
Chicken Salad Sandwich <i>Grilled chicken salad served on a croissant</i>	\$9.50



Caesar Salad – GF <i>Romaine lettuce with parmesan cheese and house made croutons Add grilled chicken - \$3.00</i>	\$7.00
Pacific Rim Salad <i>Mixed greens, dried mango, scallions, roasted edamame and a sesame vinaigrette Add grilled chicken - \$3.00</i>	\$7.00
Greek Salad - GF <i>Romaine lettuce, feta cheese, Roma tomatoes, cucumbers, Kalamata olives and lemon vinaigrette Add grilled chicken - \$3.00</i>	\$7.00
Salad Trio <i>Chicken salad, pasta salad and fruit salad</i>	\$9.50
Chef Salad - GF <i>Mixed Greens, ham, turkey, egg, avocado</i>	\$11.00
Cobb Salad - GF <i>Mixed Greens, Chicken, bacon, blue cheese</i>	\$11.00

## 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 \$9.00**

*Chicken Salad, hard-boiled egg, crackers & fruit*

### **Tuna Salad Quad \$9.00**

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

### **Egg Salad Quad \$9.00**

*Egg Salad, GF Crackers, celery & grapes*

### **Salami Quad \$9.00**

*Salami, cheddar slices, grapes & crackers*

### **Mediterranean Quad \$9.00**

*Hummus, veggies, pita & Greek marinated veggies*

### **Yogurt Quad \$9.00**

*Greek vanilla yogurt X2, mixed berries & granola*

*Cheddar cheese slices*

### **Custom Quad (pick 1) \$10.00:**

*If 2 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*

*Veggies*

*Grapes*

*Fruit (mixed melons)*

*Crackers*

*GF crackers*

*Pita bread*

*Hard-boiled egg*

*Pasta salad*

*Quinoa salad*

*Greek marinated veggies*

