

Lunch Menu

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

Half Wraps come with one side

Full wraps come with two sides

Sides:

Fruit

Quinoa

Pasta Salad

Grape Salad

WRAPS

Half/Full

Mediterranean Wrap \$7/\$11

Hummus, cucumbers, artichoke hearts, Kalamata olives, Feta Cheese and Romaine lettuce in a wheat wrap

Chicken Caesar Wrap \$7/\$11

Grilled chicken with romaine, Parmesan and Caesar dressing in a wheat wrap

Chicken Pesto Wrap \$7/\$11

Grilled chicken with pesto, fresh mozzarella cheese, sun-dried tomato and mixed greens in a whole-wheat wrap

Caribbean Wrap \$7/\$11

Jerk marinated grilled chicken with mango chutney and carrots in a whole-wheat wrap

Beef Fajita Wrap \$7/\$11.50

Grilled marinated beef with sautéed onions and peppers, jack cheese and avocado in a wheat wrap

Chicken Fajita Wrap \$7/\$11

Grilled chicken with sautéed onions and peppers, jack cheese and avocado in a wheat wrap

Chicken Salad Wrap \$7/\$11

Grilled chicken salad with Mixed Greens served on a wheat wrap.

BLT Wrap \$7/\$11

Bacon, sun-dried tomato, avocado, romaine and mayo in a whole-wheat wrap

Chicken Salad Sandwich \$11

Grilled chicken salad served on a croissant

SALADS

Caesar Salad – GF \$8

*Romaine lettuce with parmesan cheese and house made croutons
Add grilled chicken - \$3.00*

Pacific Rim Salad \$8

*Mixed greens, dried mango, roasted edamame and a sesame vinaigrette
Add grilled chicken - \$3.00*

Greek Salad - GF \$8

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

Beef Fajita Salad \$12

Grilled marinated beef with sautéed onions and peppers, jack cheese and avocado over mixed greens

Chicken Fajita Salad \$11

Grilled chicken with sautéed onions and peppers, jack cheese and avocado over mixed greens

Salad Trio \$11

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

Quad Menu

Chicken Salad Quad \$10

Chicken Salad, hard-boiled egg, crackers & fruit

Tuna Salad Quad \$10

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

Salami Quad \$10

Salami, cheddar slices, grapes & crackers

Custom Quad (pick 1) \$11:

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

ALA Carte

12oz/pint/quart

Chicken Salad

\$8/10/20

Tuna Salad

\$8/10/20

Egg Salad

\$8/10/20

Hummus

\$8/10/20

Spicy Hummus

\$8/10/20

Greek marinated veggies \$8/10/20

12 OZ Container

Pasta salad

\$4

Quinoa salad

\$4

Grape Salad

\$4

Fruit mixed melons (seasonal) \$4

Crackers

\$2

GF crackers

\$2

Pita bread

\$2

Hard-boiled egg \$1.50

Raw Veggies

\$6