

Lunch Menu

Half/Full

Mediterranean Wrap \$6.25/\$8.50
Hummus, cucumbers, artichoke hearts, Kalamata olives, Feta Cheese and Romaine lettuce in a wheat wrap

Chicken Caesar Wrap \$6.25/\$8.50
Grilled chicken with romaine, tomato, Parmesan and Caesar dressing in a wheat wrap

Chicken Pesto Wrap \$6.25/\$8.50
Grilled chicken with pesto, fresh mozzarella cheese, sun-dried tomato and mixed greens in a whole-wheat wrap

Caribbean Wrap \$6.25/\$8.50
Jerk marinated grilled chicken with mango chutney and jicama in a whole-wheat wrap

Beef/Chicken Fajita Wrap \$6.25/\$9.00
Grilled marinated beef with sautéed onions and peppers, jack cheese and avocado in a wheat wrap

Chicken Salad Wrap \$6.25/\$8.50
Grilled chicken salad with Mixed Greens served on a wheat wrap.

BLT Wrap \$6.25/\$8.50
Bacon, sun-dried tomato, avocado, romaine and mayo in a whole-wheat wrap

Chicken Salad Sandwich \$8.50
Grilled chicken salad served on a croissant



Caesar Salad \$7.00
*Romaine lettuce with parmesan cheese and house made croutons
 Add grilled chicken - \$3.00*

Pacific Rim Salad \$7.00
*Mixed greens, dried mango, scallions, roasted edamame and a sesame vinaigrette
 Add grilled chicken - \$3.00*

Greek Salad \$7.00
*Romaine lettuce, feta cheese, Roma tomatoes, cucumbers, Kalamata olives and lemon vinaigrette
 Add grilled chicken - \$3.00*

Salad Trio \$8.50
Chicken salad, pasta salad and fruit salad

Chef Salad \$10.00
Mixed Greens, ham, turkey, egg, avocado

Cobb Salad \$10.00
Mixed Greens, Chicken, bacon, blue cheese

Drinks

Tea \$2.00

Tea by the gallon \$5.00

Smart Water \$1.79

**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**