

Soup, Salad Bowls, Salad & Sandwich Lunch

Daily Vegetarian/Vegan soup - \$4 per person

Salad Bowls - \$18 per Bowl, plus extras if requested

Filling, decisions and complete meal in a bowl with an assortment of healthy ingredients. Add a protein or extras to boost the meal. Each are served in a compostable bowl with lid and dressing on the side.

Southwest Bowl;

- Seasoned rice, baby greens, corn, beans, peppers, tomatoes, red onion, cilantro, lime wedge, tortilla crisps & honey chipotle lime dressing (on the side). (No Gluten added when made without tortilla crisps & can be made Vegan)
- Add Protein
 - Chicken - \$5
 - Extra Beans & Corn - \$3

Soba Noodle Bowl;

- Soba noodles, baby greens, tomatoes, red onion, edamame, peppers, carrots, green onion, sesame seeds & Asian style dressing (on the side). (No Gluten added & can be made Vegan)
- Add Protein
 - Chicken - \$5
 - Teriyaki Beef Skewers - \$6

Greek Bowl;

- Quinoa, baby greens, feta, cucumbers, tomatoes, red onion, peppers & Greek vinaigrette (on the side). (No Gluten added)
- Add Protein
 - Chicken - \$5

Salads - \$5 Per Person

- Baby Green Salad with Lemon Goddess Dressing and/or Tomato Balsamic Vinaigrette (No Gluten added & Vegan)
- French Lentil Salad with mixed vegetables including dried carrots, celery and red onion (No Gluten added & Vegan)
- Sesame Asian Noodle Salad with shredded carrots, purple cabbage, daikon, red peppers, green onions with a sesame and pickled ginger dressing (Vegan)
- Thai Chick Pea Salad (No Gluten added)
- Quinoa, Cucumber, Red Pepper with Lemon, Mint and Cilantro Dressing Salad (No Gluten added & Vegan)

- Potato Salad with Seedy Mustard Dressing (No Gluten added)
- Pasta Salad with mixed vegetables including Red Peppers and Black Olives (Vegan)

Gourmet Sandwiches: - \$9 per sandwich

Please keep your choices to a minimum of 4 per type of gourmet sandwich per order. We can offer gluten free bread at an additional charge of \$1 per sandwich.

- In-House Oven Roasted Beef with Horseradish Aioli
- Deli Turkey with Basil and Garlic Aioli
- Deli Ham with In-House Smoked Cheddar
- Salami, Cheese and Pesto
- In-House Oven Roasted Chicken with Spicy Curry Aioli and chopped Grapes
- In-House Roasted Pulled Pork with Horseradish Coleslaw on In-House made Brioche Buns (\$3 extra per sandwich)
- Greek Veggie with Olive Tapenade, Cucumber, Tomatoes and Feta (Vegetarian)
- Sundried Tomato Pesto with Cucumber, Bell peppers and Havarti Cheese (Vegetarian)
- Roasted Vegetables with Humus (Vegan)

Vegetable tray - \$4 per person

Fruit tray - \$5 per person

Dessert bars - \$3 per person

Coffee and assorted tea's - \$3 per person, add assorted juices or pop for \$3 per bottle/can.

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