



Always Fresh, Customizable, and Healthier

Salads

Available as an Entrée or Side

Arugula

Arugula with Apples, Walnuts, Raspberries, Gorgonzola Cheese, and Balsamic Vinaigrette

Greek Chicken Salad

With Cherry Tomatoes, Cucumbers, Feta, Kalamata Olives, Pepperoncini, and Red Wine Vinaigrette

Roasted Beet Salad

With Assorted Field Greens, Tomatoes, Oranges, Candied Pecans, and Goat Cheese

Crunchy Winter Salad*

With Shaved Brussel Sprouts, Parmesan Cheese, Apples, Red Onions, Pistachios, and Citrus Dijon Vinaigrette

House Salad

Field Greens with Cucumbers, Tomatoes, Onions, Carrots, and Your Choice of Balsamic, Italian, Ranch, Bleu Cheese, or French Dressing

Add Grilled Chicken or Salmon to any Salad

Soup

Available Daily / Varies Weekly

Chef's Special

Created Weekly / Served Daily

Sandwiches/Wraps/Bowls

Mushroom Chickpea Quinoa Burger

With Arugula, Roasted Red Peppers, and Garlic-Caper Aioli

Waldorf Chicken Salad

With Apples, Walnuts, Grapes, Lettuce, and Tomato on Croissant or Whole Wheat

Grilled Chicken Gyro

With Lettuce, Tomato, Red Onion, and Tzatziki Sauce

Grilled Ahi Tuna Wrap

With Mixed Greens, Shredded Cabbage, Cucumbers, Carrots, and Sesame Ginger Dressing

Grilled Salmon Bowl

With Basmati Rice, Artichokes, Cucumbers, Tomatoes, Red Onions, Crispy Chickpeas, Feta, Goat Cheese, and Sun Dried Tomato Vinaigrette

Teriyaki Bowl with Tofu

With Mixed Greens, Quinoa, Broccoli, Carrots, Green Onions, Zucchini, Onions, Chow Mein Noodles, and Teriyaki Glaze

Southwest Chicken Bowl

With Brown Rice, Romaine, Corn, Black Beans, Pico de Gallo, Guacamole, and Tortilla Strips

***All sandwiches and wraps are served with Fresh Fruit or Side House Salad**

Always Available:

Smoothies, Beyond Burgers (vegetarian), Turkey Burgers, Grilled Chicken, Grilled Salmon, Sugar-free Dessert, Seasonal Fruit

(Please feel free to customize any menu offering to your own tastes and dietary needs.)

Desserts

Weekly Dessert Feature

Ice Cream (Assorted Flavors)