

# SAMPLE



*Always Fresh, Customizable, and Healthier*

**See New Items\***

## **Salads**

**Resident / Guest**

Available as an Entrée or Side

**NEW!**

### **Arugula Salad**

**5.00 / 7.00**

With Figs, Crispy Pancetta, and Danish Bleu Cheese –Buttermilk Dressing

### **Roasted Beet Salad**

**4.00 / 6.00**

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

### **House Salad**

**3.00 / 4.50**

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

**NEW!**

### **Watermelon Salad**

**4.50 / 6.00**

with Boston Bibb Lettuce, Cucumbers, Feta Cheese, Pickled Onion, Pine Nuts, and  
Balsamic Vinaigrette

**Add Grilled Chicken, Tofu, or Salmon to any Salad**

**3.00 / 5.00**

## **Soup**

**2.00 / 3.00**

Changes Weekly

## **Chef's Special**

**5.00 / 7.00**

Made Fresh Weekly

## **Dessert**

Dessert of the Day: Changes Weekly

**2.50 / 3.50**

Ice Cream (Assorted Flavors)

**2.00 / 3.50**

# SAMPLE

## Mains

Resident / Guest

### **Waldorf Chicken Salad**

**5.25 / 6.50**

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

**NEW!**

### **Vegetarian Burger**

**5.00 / 6.50**

With Cheddar Cheese, Caramelized Onions, Over Easy Egg, and Chipotle Aioli

**NEW!**

### **Vegetarian Enchiladas**

**7.00 / 8.50**

with Sweet Potato Mash, Black Beans, Grilled Corn, Poblano Peppers, Pickled  
Onion, Queso Fresca, and Tomatillo Salsa

**NEW!**

### **Tofu Stir Fry**

**5.50 / 7.00**

With Garam Masala, Basmati Rice, and Seasonal Vegetables

**NEW!**

### **Caribbean Jerk Pork Tenderloin**

**7.00 / 8.50**

With Pan Seared Plantains, Southern Style Collard Greens, and Crème Fraiche

**NEW!**

### **Korean BBQ Shrimp Sandwich**

**6.00 / 7.50**

With Asian Cole Slaw and Seared Green Tomato

**NEW!**

### **Curry Glazed Chicken or Tofu**

**7.00 / 8.50**

With a Curry of Tamarind, Tomato and Honey, Roasted Eggplant, Spinach, Fingerling  
Potatoes, and Toasted Peanuts

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

### **Always Available:**

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

**\*Please feel free to customize any menu offering to your own tastes  
and dietary needs.**