



LUNCH

SOUPS

CHILI / \$5.95

Turkey, Or Beef Chilli. Served in a 6oz Cup for Lunch. Sour Cream, Butter and Fresh Bread on the side.

SPLIT PEA & HAM / \$3.75

Fresh to Order, Yellow Split Pea & Ham Soup. Served with Homemade Croutons.

PULLED CHICKEN NOODLE / \$3.95

Pulled Chicken Noodle, made from Scratch and served with Homemade Croutons.

ROASTED SQUASH & APPLE / \$3.95

Roasted Butternut Soup with Apples, Ginger and Coconut Milk. Vegan & Gluten Free, topped with Pumpkin Seeds.

SALADS

STRAWBERRY QUINOA / \$5.95

Strawberry Quinoa Salad - A healthy, filling salad tossed in a sweet and tangy balsamic vinaigrette, creating the perfect blend of flavors.

MARINATED CUCUMBER / \$4.95

This Asian cucumber salad recipe is a perfect way to add a light, healthy dish to your spring and summer meals.

BROCCOLI & CHERRY TOMATO / \$4.95

Garden-Fresh Tomatoes and Broccoli brighten this summertime salad with distinctive flavor and eye-catching color.

A'LA CARTE

BOXED LUNCHES / \$12.95

Our box lunches include, Choice of Sandwich, Soup or Salad and Cookie. Bottled Water is Free, Upgrade your Drink for \$1.99.

PASTA / \$13.95

Beef or Vegetarian Lasagne, Manicotti, Penne Pomodoro, Sausage & Rigatoni, Chicken Alfredo. Served with Caesar Salad.

SANDWICHES / \$21.95

Freshly Baked Bread, Tuna, Egg Salad, Deli, Salads. Individually wrapped and on a Platter. 12 Sandwiches minimum.

GRILLED PORTABELLO / \$10.95

Vegan friendly, Grilled Portabello, Organic Red Peppers, drizzled in Avocado Chimichurri.

CHICKEN PARMESAN / \$12.95

Classic Chicken Parmesan, Made a bit healthier. Breaded Cutlets are baked not fried, leaving them moist and full of flavor.

QUARTER CHICKEN / \$13.95

Barbecue Quarter Chicken, Herb roasted Potatoes and a Mixed green or Caesar Salad on the side.

ROAST BEEF / \$13.95

Sliced Roast Beef and Garlic Mashed Potatoes. Slow Cooked and smothered in Guinness Gravy.

ROASTED PORK LOIN / \$12.95

Pork Tenderloin seasoned with a rub, seared until golden then oven baked in a Honey Garlic Sauce. Comes with a Mixed Green or Caesar Salad.

**ALL PRICES PER PERSON,
UNLESS STATED OTHERWISE.**