



## LUNCH

### SOUP DU JOUR

### HOUSE SALAD

MIXED GREENS, TOMATO, CUCUMBER & ONION  
WITH CHOICE OF DRESSING

### CAESAR SALAD

CRISP HEARTS OF ROMAINE TOSSED IN CAESAR  
DRESSING TOPPED WITH HERBED CROUTONS &  
SHAVED PARMESAN

## MAIN COURSE

### VITAMIN C BOOSTER RAINBOW SALAD

BABY SPINACH, PINE NUTS, RED CABBAGE, RED  
QUINOA, RED PEPPER, FRESH ORANGES,  
EDAMAME, & POMEGRANATE & LEMON LIME  
HONEY DRESSING  
CHOICE OF GRILLED CHICKEN, SHRIMP OR  
SALMON

### AVOCADO TOAST

TOASTED & GRAIN BREAD TOPPED WITH SWEET  
ROASTED RED TOMATOES

### BLACK FOREST SANDWICH

LEAN ROAST BEEF & SWISS CHEESE,  
SAUERKRAUT & THOUSAND ISLAND DRESSING  
ON MARBLE BREAD

### VERMONT CHEDDAR BURGER

ANGUS STEAKHOUSE BURGER OR TURKEY  
BURGER LETTUCE, TOMATO & RED ONION ON  
BRIOCHE

### LAMB GYRO WRAP

TZATZIKI SAUCE, LETTUCE, TOMATO & RED  
ONION

### SOUTH OF THE BORDER SHRIMP & AVOCADO QUESADILLA

GRILLED PEPPER & ONION WITH FRESH SALSA &  
SOUR CREAM

### GRILLED BALSAMIC & OLIVE OIL CHICKEN BREAST

FRESH ARUGULA, TOMATO & RED ONION ON A  
BRIOCHE ROLL

### SALAD PLATTERS

ALBACORE TUNA, CHICKEN SALAD  
EGG SALAD

### SIDES

ONION RINGS      SWEET POTATO FRIES  
COLE SLAW      FRENCH FRIES

WEEK 7

MONDAY THROUGH SATURDAY  
DECEMBER 2<sup>ND</sup> TO DECEMBER 7<sup>TH</sup>  
11:30AM TO 3:00PM