



## Lunch Menu

### Salads

- **Chicken Garden Salad: \$8.00**  
Spring greens, herbed chicken breast, tomato, carrots, cheddar cheese, bell peppers and sunflower seeds with dijon vinaigrette.
- **Citrus Quinoa Salad: \$8.00**  
Spring greens, red and white quinoa, shaved Gruyere, dried cranberries, orange segments, candied pecans with honey balsamic vinaigrette.
- **Kale & Roasted Sweet Potato Salad: \$8.00**  
Kale greens, roasted sweet potato, dried cranberries, goat cheese crumbles, toasted walnuts with dijon vinaigrette.
- **Petite Salad: \$4.00**  
Spring greens, bell peppers, carrots, tomato and hardboiled egg with your choice of dressing.
- **Veggie Hummus Plate: \$6.50**  
Carrots, celery, bell peppers, whole wheat crackers, tomato, kalamata olives, mozzarella cheese and hardboiled egg with hummus.
- **Cheddar Dill Plate: \$6.50**  
Tuna salad with green onions, dill, and cheddar cheese, celery sticks, pita bread, and mixed greens.

### Sandwiches / Wrap

- **Roasted Turkey Sandwich: \$6.75**  
Smoked turkey breast, roasted red pepper, provolone cheese, spring greens and parmesan peppercorn mayonnaise on a ciabatta roll.
- **Curried Chicken Salad Sandwich: \$7.00**  
Curried chicken breast salad with carrots, green onions, celery, golden raisins and mango chutney on a pita bread.
- **Egg Salad on Croissant: \$6.50**  
Creamy egg salad on a butter croissant.
- **Buffalo Chicken Wrap: \$7.00**  
Seared buffalo chicken, crisp carrot and celery, cheddar cheese, spring mix in a spinach wrap with house ranch dip on the side.
- **Turkey on Ciabatta: \$7.00**  
Smoked turkey breast, mixed greens, parmesan pepper aioli, on a ciabatta roll.

#### **Sandwich Fillings:**

Egg or Tuna Salad	16 oz.	\$6.50
	32 oz.	\$13.00
Curried Chicken Salad	16 oz.	\$7.50
	32 oz.	\$15.00

### Soups

	<i>Vegetarian</i>	<i>Meat</i>
16 ounce:	\$6.00	\$6.50
Quart:	\$12.00	\$13.00

### Sides / Other

- **Potato Chips: \$1.50** *Variety of flavors*
- **Granola: \$5.50**