



healthy hearty happy

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Warm Bowls

Jerk Chicken – brown rice or quinoa, jerk chicken, mango, avocado, red pepper, plantain chips, lemon vinaigrette (gf)
\$11.25

Fish Taco – brown rice or quinoa, flounder filet, avocado, tomato, shredded cabbage, tortilla strips, white sauce
\$12.25

Teriyaki Tofu – brown rice or quinoa, teriyaki marinated tofu, mushrooms, red peppers, onions, mango, crispy rice noodles, honey-miso dressing (gf, vegan)
\$10.75

Steak & Potato – roasted potatoes, grilled marinated steak, sauteed mushrooms, steamed green beans, Balsamic drizzle (gf)
\$13.25

Salads

*****Available For a Limited Time Only*****

Pomegranate-Ginger – arugula, avocado, pomegranate seeds, cucumber, toasted almonds, ginger vinaigrette (gf, vegan)
\$10.50

Southwest Chicken – seasoned chicken, green leaf lettuce, avocado, tomato, yellow corn, black beans, tortilla strips, classic ranch dressing (gf)
\$10.75

Apple-Pecan – green leaf lettuce, baby spinach, arugula, cucumber, chopped apple, caramel-cinnamon pecans, dried cranberries, lemon vinaigrette (gf, vegan)
\$9.75

Spinach Cobb – grilled chicken, baby spinach, tomato, avocado, hard-boiled egg, bacon, red onion, feta, classic ranch dressing (gf)
\$10.75

Niçoise Salad – Arugula, baby spinach, tomatoes, hard-boiled egg, steamed green beans, black olives, roasted potatoes, Albacore tuna, Balsamic vinaigrette (gf)
\$11.75

Gluten-Free Flatbread (gf) Substitute Cauliflower Flatbread (gf) for extra \$1.50

Steak & Arugula – grilled marinated steak, arugula, roasted garlic, Parmesan, Balsamic drizzle (gf)
\$13.75

Roasted Vegetable – basil pesto, red peppers, onions, mushrooms, black olives, Balsamic drizzle (gf, vegan)
\$12.25

Chicken Pesto – grilled chicken, avocado, tomato, basil pesto, Parmesan, bacon (gf)
\$13.25

Tuna Melt – Albacore tuna, tomato, cucumber, red onion, Parmesan, white sauce (gf)
\$12.75

gf – gluten-free

Build Your Own Bowl - \$12.75 Salad - \$11.25 Flatbread - \$13.25

Buffet-style Build Your Own Lunch or Dinner (includes cookies and drinks) - choose a combination of up to 10 Bases, Proteins, Ingredients, and Dressings – \$18.00 per person (minimum 10 persons)

Base (choose up to 2)

Brown Rice	<i>*New*</i> Arugula	Green Leaf Lettuce
Quinoa	<i>*New*</i> Flatbread (gf)	<i>*New*</i> Roasted Potatoes
Baby Spinach	<i>*New*</i> Cauliflower Flatbread (gf)	

Proteins (choose 1)

Grilled Chicken	Flounder Filet	<i>*New*</i> Albacore Tuna
Seasoned Chicken	Organic Tofu	<i>*New*</i> Grilled Steak
Jerk Chicken	<i>*New*</i> Bacon	

Ingredients (choose 4)

Avocado	<i>*New*</i> Caramel-Cinnamon Pecans	Red Onion
Cucumber	Plantain Chips	<i>*New*</i> Black Olives
Tomato	Mango	Crispy Rice Noodles
Feta Cheese	Shaved Parmesan	<i>*New*</i> Steamed Green Beans
Yellow Corn	Croutons	Black Beans
Tortilla Strips	Cashews	Roasted Garlic
Cannellini Beans	Dried Cranberries	Chopped Apple
Roasted Red Peppers	Sauteed Mushrooms	

Dressings & Sauces (choose 1)

Creamy Caesar	Balsamic Vinaigrette	White Sauce
Sesame Ginger	Classic Ranch	Tzatziki Dressing
Lemon Vinaigrette	Raspberry Vinaigrette	Maple Vinaigrette
Hearty Italian	Basil Pesto	<i>*New*</i> Honey Miso

Drinks

Sparkling Lemonade – \$2.00	Bottled Water – \$1.50	Canned Seltzer - \$1.50
<i>*New*</i> Iced Tea (Unsweetened) – \$2.00	<i>*New*</i> Iced Tea (Sweetened) – \$2.00	

Desserts

Fresh Baked Cookies - \$2.00

Extra Dressings & Sauces - \$.75 each