

LUNCH MENU

SALADS

ORGANIC MIXED FIELD GREENS

Red Onions | Grape Tomatoes | Cucumbers
Shredded Carrots | Corn | Herb Croutons
Ranch Dressing | Low-Fat Italian Dressing

ORGANIC SPINACH & KALE SALAD

Aged Reggiano Parmesan Cheese | Red Bell Peppers
Red Onions | Lemon & Oregano Dressing

GREEN BEAN SALAD

Extra Virgin Olive Oil | Mint | Toasted Garlic

KIDNEY BEAN, BLACK BEAN & CHICKPEA SALAD

Scallions | Italian Parsley | Cumin & Paprika Vinaigrette

RED BEETROOT SALAD

Shallots | Fresh Mint | Italian Parsley

BOW TIE PASTA SALAD

Scallions | English Cucumbers | Roma Tomatoes
Dill & Mustard Vinaigrette

ENTRÉES

OVEN BAKED ATLANTIC COD FILET

Tomato, Shallot & Caper Sauce

HONEY & SESAME CHICKEN

Scallions | Fresno Chilies

ITALIAN BEEF MEATBALLS

Creamy Mushroom Sauce | Italian Parsley

VEGETABLE, POTATOES AND PASTA

ROASTED BROCCOLI FLORETS

Toasted Garlic | Chili Flakes

CREAMED CORN & CHEDDAR CHEESE CASSEROLE

Green Chilies | Scallions | Fresh Cilantro

BAKED ZITI PASTA

Aged Reggiano Parmesan Cheese | Mozzarella
Cheese Spinach Sauce

MASHED POTATOES

Idaho Potatoes | Roasted Garlic

DESSERT BUFFET

SEASONAL FRUIT

RASPBERRY MOUSSE

LEMON POUND CAKE & FRESH STRAWBERRIES

COCONUT VANILLA CAKE

CARROT CAKE