

CLASSIC SALADS

Served with a Breadstick 7.99

BUFFALO CHICKEN (270 CAL)

Crispy Buffalo Chicken, Cheddar Cheese, Carrot, Celery, Tomatoes, Cucumbers and Croutons, Served on a bed of Mixed Greens

CHICKEN CAESAR (330 CAL)

Crisp Romaine Lettuce Tossed with Garlic Chicken, Caesar Dressing, Shredded Parmesan and Croutons. Without Chicken 5.00 | 190 Cal.

SOUTHWEST CHICKEN (480 CAL)

Tasty Chicken Caesar Salad with Roasted Corn and Red Pepper, Pepper Jack Cheese, Topped with Crunchy Tortilla Strips

ANTIPASTO (540 CAL)

Romaine Lettuce, Capicola Ham, Genoa Salami, Pepperoncini, Artichoke Heart, Black Olives, Mozzarella, Parmesan Cheese, and Tomatoes

SPINACH SALAD, ARTICHOKE HEARTS, CHICKEN (370 CAL)

Baby spinach, roasted artichoke hearts and goat cheese topped with grilled chicken in a lemon shallot vinaigrette

SALAD WRAPS

SERVED IN CHOICE OF REGULAR, WHEAT OR FLAVORED WRAP. SERVED WITH CHOICE OF SOUP OR SIDE. 6.99

GRILLED VEGETABLE HUMMUS (400 CAL)

Balsamic Grilled Vegetables, Lettuce, Tomato & Creamy Hummus in a Tortilla Wrap

TUNA SALAD (350 CAL)

Traditional Tuna Salad with American Cheese, Lettuce and Tomato in a Flour Tortilla

ASIAN CHICKEN (520 CAL)

Tasty Teriyaki Chicken Wrap with Mongolian BBQ, Crispy Noodles, Romaine, Carrots, and Fresh Scallion & Cilantro

MEDITERRANEAN TURKEY & FETA (470 CAL)

Roasted Turkey, Baby Spinach, Feta Cheese, Roasted Red Peppers and a Layer of Olive Tapenade in a Whole Wheat Tortilla

THAI RED CURRY CHICKEN SALAD WRAP (370 CAL)

Red curry chicken salad, shaved savoy cabbage, carrot, Thai basil on multi-grain wrap

DAILY SPECIALS

With your choice of Mashed Potato or Baked Green Beans

Coq Au Vin (Served w/ noodles)

8.99 | 500 Cal

Classic Savory Chicken with Mushrooms
Braised in Burgundy Wine

Pork Tenderloin, Sweet Potato & Rapini

7.99 | 340 Cal

Latin spiced pork tenderloin served with sweet mashed potatoes and sautéed broccoli raab.

FEATURED ENTREES

MONDAY: French Dip with Au Jus

Grilled Beef, Sautéed Onions, Peppers & Mushrooms, Mozzarella Cheese, Lettuce & Tomato on a French Baguette with Au Jus

6.99 | 350 Cal

TUESDAY: Basil Lemon Chicken Breast & Couscous

Grilled Basil Lemon Chicken Breast served on Couscous Primavera with Sautéed Spinach and Onions

6.99 | 340 Cal

WEDNESDAY: Falafel Pita Sandwich (served with homemade chips)

Pita Bread Filled with Fried Chickpea Fritters, Tomato Cucumber Salad and Tahini Sauce

6.99 | 540 Cal

THURSDAY: Pasta Bar

Create your own Pasta Bowl! Choose between Vegetarian, Meatball, Sausage or Shrimp! With Pesto, Marinara, Alfredo, or Garlic Sauce, and topped with your choice of Veggies!

6.99-8.99

FRIDAY: Bulgogi Beef Skewers with Jasmine Rice

Korean bulgogi skewers with orange and yellow peppers, red onion and whole mushroom with rice and stir-fry vegetables

8.99 | 430 Cal