

## 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