

Lunch all come with Homemade Brownie

Sandwiches \$ 10.00pp

Flurries of Curries Chicken - Curried Chicken, Tomatoes, onions, romaine, honey roasted sunflower seeds, golden raisins on a croissant

Avocado Bravado- avocado, Fuji Apples, goat cheese, sprouts, romaine, on wheat walnut -

Smoki Roasti Beef- Roast beef, caramelized onions, smoked mozzarella, romaine, and horseradish cream, French bread Roll -

Speared Pig- roasted asparagus spears, black forest ham, roasted red peppers, mixed greens and garlic aioli, Asiago roll -

Hummin' Veggie Wrap- Hummus, Lettuce, tomato, cucumbers, onions, Avocado, sprouts, on a Spinach Wrap –

Jerky turkey Wrap- grilled jerk marinated turkey, shredded pepper jack cheese, broccoli slaw, tomatoes, lime aioli, on a garlic wrap -

Fresh Salads \$ 8.00pp

Thai Chicken- seasoned chicken breast, mixed greens, shredded carrots, cilantro, green onions, peanuts, with a sesame soy dressing -

Caesar- romaine lettuce, Asiago cheese and croutons with a lemony Garlic Caesar dressing

Fuji Apple-baby greens, crisp Fuji apples, onions, gorgonzola cheese, apple walnut vinaigrette -

Feta Craison-mixed greens with feta, craisons, toasted nuts,

red onions, and raspberry vinaigrette -

Mediterranean Turkey pasta- bow tie pasta with peppers, sun dried tomatoes, onions, parmesan, spinach, tossed in a light basil cream sauce and topped with turkey -