

# lunch

## balanced selection

By following our Balanced Selection for each meal, you will be nourished with a wide, balanced variety of fresh fruits and vegetables, healthy fats, whole grains and lean proteins. You will enjoy 1600 to 1800 calories per day and take in less than 2300 milligrams of sodium.

FAVA BEAN SOUP GF V 85 / 13 • 5 • 2 / 3  
SALSICCIA FLATBREAD 285 / 31 • 20 • 10 / 3  
DOUBLE CHOCOLATE MINT COOKIES (2)  
170 / 26 • 3 • 7 / 1

## starters

CREAM OF MUSHROOM SOUP GF A 110 / 9 • 4 • 5 / 1

FAVA BEAN SOUP GF V 85 / 13 • 5 • 2 / 3

SPINACH SALAD WITH STRAWBERRY  
CHAMPAGNE VINAIGRETTE GF 145 / 22 • 4 • 5 / 3  
With apples, dried cranberries, goat cheese and walnuts

GAZPACHO GF V 45 / 10 • 2 • tr / 2

MISO SOUP GF V 40 / 5 • 2 • 1 / 1

VEGETARIAN BEAN CHILI GF V 140 / 25 • 7 • 2 / 6

CHICKEN NOODLE SOUP 120 / 16 • 8 • 3 / 1

HUMMUS WITH LAVOSH V 135 / 17 • 5 • 6 / 4

## entrées

### TUNA MELT

Homemade whole-wheat English muffin topped with Mediterranean tuna salad and mustard sauce, baked with Swiss cheese  
285 / 17 • 22 • 14 / 1

### MEATBALL SUB

Traditional homemade meatballs served in a fresh whole-wheat roll, topped with marinara sauce and Cricket Creek Farm mozzarella cheese, served with a side salad of the day  
500 / 50 • 43 • 15 / 6

### LOBSTER MACARONI AND CHEESE

Baked with a crispy panko bread crumb topping and served with a cucumber radish salad  
430 / 49 • 24 • 15 / 3

### SALSICCIA FLATBREAD

Multi-grain flatbread crust topped with chicken sausage, roasted Roma tomatoes, and mozzarella cheese  
285 / 31 • 20 • 10 / 3

### CHILI CHEESE BAKED POTATO GF

Baked potato topped with vegetarian bean chili and cheddar cheese, served with the side salad of the day  
275 / 46 • 11 • 6 / 6

### BUILD YOUR OWN SANDWICH

With your choice of assorted breads, vegetables, roast turkey, roast beef, tuna salad, Swiss cheese and cheddar cheese

### HOMEMADE VEGETARIAN BURGER V

Grilled veggie burger made with fresh mushrooms and cashews, topped with lettuce, tomato and red onion on a soft sprouted multi-grain roll, served with the side salad of the day  
390 / 65 • 14 • 10 / 8

### STEAMED VEGETABLES WITH BROWN RICE GF V

Served with Mongolian BBQ Sauce  
230 / 47 • 8 • 2 / 8

With Grilled Chicken GF 370 / 47 • 34 • 10 / 8

With Grilled Salmon GF 405 / 47 • 27 • 13 / 8

With Tofu GF V 340 / 48 • 21 • 10 / 9

## accompaniments

PASSION STRAWBERRY SMOOTHIE GF V 130 / 34 • 1 • tr / 3  
With whey protein powder GF V 180 / 35 • 13 • tr / 3  
With rice protein powder GF V 210 / 41 • 12 • 1 / 4

MARINATED TOFU GF V 60 / 1 • 7 • 4 / 1

GRILLED CHICKEN (1 ounce) GF 35 / tr • 7 • 1 / 0

FRESH STEAMED VEGETABLE BASKET GF V 80 / 18 • 5 • 1 / 7

LOW-FAT COTTAGE CHEESE GF 50 / 2 • 7 • 1 / tr

BAKED SWEET POTATO GF V 140 / 32 • 3 • tr / 5  
Half GF V 75 / 18 • 2 • tr / 3

BAKED POTATO GF V 140 / 31 • 4 • tr / 3  
Half GF V 75 / 17 • 2 • tr / 2

SEASONED BROWN RICE GF V 120 / 25 • 3 • 1 / 1

## desserts

FRESH FRUIT PLATE GF V 120 / 30 • 2 • 1 / 6

PINK GUAVA SORBET GF V 60 / 15 • tr • tr / tr

HOMEMADE ORANGE CREAM ICE CREAM GF  
100 / 15 • 2 • 4 / tr

HOMEMADE VANILLA ICE CREAM GF 95 / 13 • 3 • 4 / 0  
NONFAT FUDGE SAUCE GF V add 90 / 22 • 1 • tr / 1

CHOCOLATE CHIP COOKIES (2) 170 / 26 • 2 • 7 / 1

DOUBLE CHOCOLATE MINT COOKIES (2) 170 / 26 • 3 • 7 / 1

CHOCOLATE PEANUT BUTTER TART 110 / 13 • 4 • 6 / 1

Nutrient Analysis: Calories / carb grams . protein grams . fat grams / fiber grams tr = trace (less than 1 gram)

A = Contains a trace of alcohol V = Vegan (contains no animal product) GF = Gluten-Free (no wheat, rye or barley)

We offer a variety of fresh prepared gluten-free items (no wheat, rye or barley). However, our kitchens are not gluten-free environments.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. If you have food allergies or sensitivities, please let your server know.