Monday June 25

soup: Roasted Rutabaga and Smoked Paprika Soup 12oz $3.89

salad: Moroccan Watermelon Salad with Mint, Parsley, Red Onion, and Cucumber with Toasted Pistachios and Feta $6.49 (full) $4.29 (half)

sandwich: Baked Aleppo Pepper Battered Cauliflower in Pita with an Herb Cashew Cream Radish Cilantro Slaw $6.49 (full) $4.29 (half)

entree: Spaghetti Squash Halves, Marinara and Parmesan with a Kale Salad $10.29

Tuesday June 26

soup: White Bean Spinach Tortellini Soup 12oz $3.89

salad: Sundried Tomato Couscous Salad over Romaine with Feta and Olives, Roasted Garlic Vinaigrette $6.49 (full) $4.29 (half)

sandwich: Roast Beef, Swiss Peppercorn Mayo, Arugula, Tomatoes and Onions on French White Bread $6.49 (full) $4.29 (half)

entree: Lemon Parmesan Chicken with Garlic Mushroom Quinoa $10.29

Wednesday June 27

soup: Baked Potato Soup with Cheddar and Bacon Garnish 12oz $3.89

salad: Kale Salad with Creamy Boursin Dressing and Pickled Paprika Vegetables, toasted pepitas $6.49 (full) $4.29 (half)

sandwich: Buffalo Chicken Sandwich, Cucumber Onion and Carrot Slaw $6.49 (full) $4.29 (half)

entree: Flank Steak with a chimichurri sauce, Chayote Squash and Roasted Corn on the Cobb $10.29

Combo $6.99: Choose Two ½ salad (without meat), ½ sandwich, soup

Thursday June 28

soup: Curried Cauliflower Soup 12oz $3.89

salad: Black Bean and Corn Salad, House Pickled Veg, Romaine and Queso Fresco with Grilled Chicken $6.49 (full) $4.29 (half)

sandwich: Thai chicken Lettuce Cups $6.49 (full) $4.29 (half)

entree: Miso Glazed Turnips with Broccolini and Pan Seared Arctic Char $10.29

Friday June 29

soup: Watermelon Gazpacho 12oz $3.89

salad: Kale Blend with Roasted Apples Blue Cheese and Almonds with a Strawberry Poppy seed dressing $6.49 (full) $4.29 (half)

sandwich: Salmon Burger with Chili Pepper Aioli, & baby arugula salad on Brioche $6.49 (full) $4.29 (half)

entree: Turmeric Fried Rice with Cabbage Carrot Stir Fry and Soy Chicken $10.29

Grab and go selections for the week

Monday: Club Wrap; Tuesday: Veggie Tex Mex Wrap; Wednesday: Turkey with Cranberry Mayo; Thursday: Thai Chicken; Friday: Philly Wrap;

Grain Salad: Brussel Sprout Barley Grain Salad, Dill Farro Salad Radish and Pecan Salad
Fruit Cup: Citrus Grape Fruit Salad
Everyday Options: Grape & Almond Chicken Salad Sandwich; Hummus Plate; Seasonal Tossed Salad; Fruit and Yogurt Parfait

Add To Salad: Grilled Chicken $2.99, Tofu $0.99, Daily Protein $3.29

Breakfast Available 7:00am-10:00am
Multigrain Pancakes, and Gluten Free Pancakes available all day