



August Menu

SALADS & GRAIN BOWLS

- Black & Bleu Steak Salad*** **\$16**
Grilled Beef Filet, Fire Roasted Corn, Red Onions, Baby Heirloom Tomatoes, Avocado, Bleu Cheese, Basmati Rice, Romaine Lettuce & Balsamic Dressing
- Thai Peanut Noodle & Chicken Salad** **\$14**
Grilled Chicken, Rice Noodles, Tri Color Bell Peppers, Carrots, Edamame, Red Cabbage, Napa Cabbage, Roasted Peanuts, Green Onions & Thai Peanut Dressing
- Blueberry & Sweet Potato Antioxidant Salad** **\$12**
Roasted Sweet Potatoes, Blueberries, Fresh Feta, Pumpkin Seeds, Arugula & Honey Lemon Vinaigrette

SANDWICHES

- Italian Chicken & Prosciutto Wrap** **\$14**
Grilled Chicken, Prosciutto, Fresh Mozzarella, Basil, Sundried Tomatoes, Mayonnaise, Basil & Whole Wheat Wrap
- Dill Chickpea Salad** **\$12**
Chickpeas, Fresh Dill, Red Onion, Celery, Mayonnaise, Whole Grain Mustard, Whole Grain Seed Bread, Broccoli & Alfalfa Sprouts
- Mango Kiwi Shrimp Lettuce Wraps** **\$14**
Grilled Shrimp, Mango Kiwi Pomegranate Salsa, Cilantro & Romaine Lettuce



Most menu items can be modified to accommodate gluten free, if it is not already.