



-LUNCH MENU OPTIONS-

-Salads-

Mixed Green

*Mixed greens, heirloom tomatoes, cucumber, red onion, feta cheese,
Balsamic vinaigrette*

Caesar

Romaine lettuce, croutons, grape tomato, shaved parmesan, Caesar dressing

Roasted Beet

*Arugula, red and golden beets, candied walnuts, goat cheese,
Lemon vinaigrette*

Chianti Poached Pear

*Mixed greens, pears poached in Chianti wine, candied walnuts, bleu cheese,
White balsamic vinaigrette*

Mediterranean

Romaine lettuce, tomato, red onion, pine nuts, olives, feta cheese, Greek dressing

Pomegranate Citrus

*Arugula, shaved fennel, red onion, pomegranate, orange segments,
Orange juice vinaigrette*

Strawberry Spinach

Baby spinach, strawberries, candied pecans, poppy seed dressing

Fig and Arugula

Arugula, figs, pistachio, goat cheese, prosciutto, balsamic vinaigrette

-Sandwiches-

Grilled Veggie and Mozzarella

*Grilled in season vegetables with fresh mozzarella, roasted red pepper,
Basil and balsamic glaze served on pressed Italian bread*

Smoked Turkey

*Smoked turkey with lettuce, tomato, shaved onions, and bacon
Served on multigrain bread or wrap*

Curried Chicken Salad

*Chicken, grapes, and almonds in creamy curry seasoned mayonnaise
Served with baby greens on mini croissants*

Virginia Baked Ham

*House baked ham with dill Havarti cheese, lettuce, tomato, shaved radish
Served on artisan white bread*

Roast Beef and Horseradish

Roast beef with a horseradish Dijon aioli and fried onion strings served on mini croissants

-Hot Dishes-

Balsamic Grilled Chicken

Grilled chicken breast marinated in balsamic and topped with balsamic glaze

Caprese Chicken

Grilled chicken, tomato, basil, fresh mozzarella, topped with pesto and balsamic glaze

Grilled Spiced NY Strip Steak

Grilled grass fed NY strip steak with spiced dry rub

Rosemary Pork Tenderloin

Roasted pork tenderloin seasoned with fresh herbs

Served with a white wine reduction sauce

Honey Balsamic Salmon

Salmon filet glazed in honey and balsamic and topped with fresh herbs

Soy Ginger Salmon

Soy ginger salmon, topped with scallions, soy glaze and sesame seeds

Lobster Mac N' Cheese

Orchetti pasta and butter poached lobster tossed in creamy béchamel cheese sauce

Roasted Beet Quinoa*

Quinoa, roasted beets, toasted pine nuts, kale, butternut squash

Spicy Peanut Sesame Zoodles w/ Crispy Tofu*

Zucchini noodles in a creamy peanut chili sauce

Topped with crispy tofu, green onions, and sesame seeds

-On the Side-

Red Bliss Potato Salad

Red bliss potato salad with house made creamy dill dressing

Southwest Corn and Tomato Salad

Corn and tomato salad with cilantro lime dressing

Mediterranean Orzo Pasta Salad

Orzo pasta, feta cheese, olives, fresh herbs, sun dried tomatoes

Pesto Pasta Salad

Penne pasta with pesto, grape tomatoes, fresh basil, mozzarella, and parmesan

Grilled Vegetables

Grilled in season vegetables drizzled with extra virgin olive oil and fresh herbs

Penne Vodka

Penne pasta with house made vodka sauce, Topped with basil and aged parmesan

Roasted Fingerling Potatoes

Roasted fingerling potatoes with, butter, parsley, and scallions