



-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*

**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*