

-Salads-

Mixed Greens

mixed greens, grape tomato, cucumber, red onion, feta cheese, balsamic vin.

Roasted Beet

arugula, red and golden beets, candied walnuts, goat cheese, lemon vin.

Chianti Poached Pear

mixed greens, pears poached in red wine, candied walnuts, bleu cheese, white balsamic vin.

Caesar

romaine, croutons, parmesan cheese, caesar dressing

Pomegranate Citrus

arugula, shaved fennel, red onion, pomegranate, orange segment, orange juice vin.

Mediterranean

romaine, fire roasted tomato, red onion, pine nuts, olives, feta cheese, greek dressing

Strawberry Spinach

baby spinach, strawberries, candied pecans, poppy seed dressing

Kale Superfood

kale, spinach, cranberries, almonds, sunflower seeds, avocado, poppy seed dressing

Fig and Arugula

arugula, figs, pistachios, goat cheese, prosciutto, balsamic vin.

-Hot Dishes-

Balsamic Grilled Chicken

Grilled chicken breast marinated in balsamic topped with balsamic glaze

Caprese chicken w/ pesto

Grilled chicken, tomato, basil, fresh mozzarella, topped with pine nuts and pesto

Grilled Flank Steak

Flank steak grilled and seasoned with Balsamic or Carne Asada style seasoning

Garlic and Ginger Salmon

Ginger and garlic seasoned salmon with sautéed spinach and leeks with avocado dressing

Rosemary Pork Tenderloin

Roasted pork tenderloin with rosemary and garlic

Stir Fry Tofu with Peanut Sauce*

Tofu stir fry with rice noodles and peanut sauce

Wild Mushroom over Farfalle*

Wild mushrooms and farfalle pasta in cream sauce

Three Cheese Mac and Cheese*

Pasta with house made three cheese sauce

Roasted Beet Quinoa*

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

Garden Risotto

Risotto with sugar snap peas, carrots, green beans, mushrooms, parmesan, mascarpone

** Vegetarian Options*

-Sandwiches-

Grilled Veggie and mozzarella

Grilled in season vegetables with fresh mozzarella, roasted red pepper, basil and balsamic glaze served on focaccia

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 whole wheat bread or wrap

Virginia Baked Ham

House baked ham with dill Havarti cheese, lettuce, tomato, shaved radish served on whole wheat bread or wrap

Roast Beef and Horseradish

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

-On the Side-

Rainbow Coleslaw

Coleslaw with lemon olive oil dressing or Creamy lemon dressing

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

Fruit Salad / Fruit Platter

Seasonal fruit Salad or Fruit Platter