



HEALTHY EATS

» SOUP «

Lentil Soup

Perfectly Cooked Vegan Soup with Slowly Simmered Lentils, Garlic Roasted Peppers, Carrots, and Sweet Onions Finished with Fresh Parsley **\$9.95**

» SALADS «

Fresh Spinach Salad

With Chopped *Egg, *Strawberries, Grapes and *Blue Cheese with a Low Calorie Balsamic *Vinaigrette **\$15.99**

Add Grilled Chicken **\$7.95** or Seared Salmon **\$10.95**

» ENTREE «

Avocado Toast

Toasted Artisan Ciabatta *Bread, Crushed Avocados, Whipped Feta *Cheese, Pickled Red Onions, Cherry Tomatoes **\$14.95**

Chicken Caesar Wrap

Creamy *Caesar Dressing, Romaine Heart, Parmesan *Cheese and Our House Chicken on a Spinach *Tortilla **\$17.49**

California Ranch Chicken Wrap

Our House Chicken Mixed with Baby Greens, Avocado, Cheddar-Jack *Cheese, Smoked Apple Wood Bacon Bits, Red Onion, *Tortilla Strips and Chipotle *Aioli Served in a Tomato Chili *Tortilla **\$18.95**

Grilled Chicken Breast

With Corn, Tomato, Onion, Cilantro Relish, Brown Rice, and Steamed Asparagus **\$17.95**

Fresh Seasonal Berries

With Mango Sorbet **\$8.95**

Grilled Salmon

With Fresh Seasonal *Fruit Chutney, Brown Rice and Steamed Asparagus **\$22.95**

Prices exclude tax. Menu items are subject to change.

*Contains allergens of wheat, milk, fish, shellfish, tree nuts, peanut, soybean, sesame, egg.

7/18/24