

COLD BISTRO BOWLS - LUNCH BOX \$18.95 PP

Below served with bag of chips or weekly special side, and dessert

ISRAELI COUSCOUS BOWL \$12.25 PP A LA CARTE

Grilled chicken, cucumber, red pepper, Kalamata olives, parsley and lemon

PAD THAI BOWL (GLUTEN FREE) \$12.50 A LA CARTE

Rice noodles, marinated shrimp, peanuts, bell pepper, egg, carrot, scallions, cilantro, Thai peanut dressing

SESAME-SEARED SALMON POKE BOWL (GLUTEN FREE) \$18.95 PP A LA CARTE

Sticky rice, wakame salad, pickled ginger, carrot, avocado, mandarin oranges, citrus-honey ponzu

CRISPY PROSCIUTTO-GRILLED PEACH BOWL (GLUTEN FREE) \$10.25 PP A LA CARTE

Greens, grape tomatoes, grilled peach slices, gorgonzola cheese, cucumber, balsamic vinaigrette

BABY KALE POWER BOWL (GLUTEN FREE) \$16.95 PP A LA CARTE

Avocado, blueberries, marinated chicken, sunflower seeds, broccoli, goat cheese, orange vinaigrette

LO MEIN & GRILLED VEGETABLES \$9.95 PP A LA CARTE

Napa cabbage, snow peas, red peppers, onion, shredded carrot, scallions, sesame ginger vinaigrette

Add ons: Grilled Chicken \$5.95pp/Grilled Tofu \$4.95pp/Plant Based Sausage \$7.95pp/Grilled Steak \$9.95pp/
Grilled Shrimp \$7.95pp/Grilled Salmon \$11.50pp

WALDORF STLE QUINOA BOWL \$14.25 PP A LA CARTE

Quinoa Blend with grapes, chopped walnuts, marinated & grilled chicken breast, green apples, creamy cider vinaigrette

FAJITA BOWL \$9.50 PP A LA CARTE

Salad greens, caramelized onions, fire-roasted corn-poblano pepper salsa, cheddar-jack cheese with cilantro-lime dressing

Add ons: Grilled Chicken \$5.95/Plant Based Sausage \$7.95pp/Grilled Steak \$9.95pp/Grilled Shrimp \$7.95pp

NICOISE SALAD \$9.95 PP A LA CARTE

Hard-cooked eggs, French green beans, roasted red potatoes, tomatoes, olives, lemon-tarragon vinaigrette dressing

Add ons: Grilled Chicken \$5.95pp/Grilled Tofu \$4.95pp/Albacore Tuna \$4.50pp/Grilled Steak \$9.95pp/Grilled
Shrimp \$7.95pp/Grilled Salmon \$11.50pp

PANZANELLA SALAD \$10.50 PP A LA CARTE

Toasted artisan bread, salad greens, tomatoes, cucumber, red pepper, red onion, fresh basil, capers, red wine vinaigrette dressing

NEW ENGLAND STYLE COBB SALAD \$13.95 PP A LA CARTE

Romaine lettuce, grilled chicken breast, hard-cooked eggs, chopped bacon, sliced avocado, dried cranberries, cucumbers, maple-balsamic vinaigrette dressing

ANTIPASTO CHOPPED SALAD \$13.95 PP A LA CARTE

Romaine lettuce, salami, provolone, artichoke hearts, roasted red peppers, grape tomatoes, focaccia croutons, Italian dressing

WEDGE SALAD \$10.95 PP A LA CARTE

Iceberg lettuce, applewood smoked bacon chunks, pickled red onions, grape tomatoes, bleu cheese crumbles, ranch dressing

HOT BISTRO BOWLS

CAJUN JAMBALAYA \$13.75

Chorizo, chicken, peppers, onion, celery, shrimp, rice & tomatoes *GF*

CHICKEN TIKKA MASALA \$13.95

Steamed rice, marinated chicken, onions, scallions & cashews *GF*

TURKEY DAY \$12.95

Mashed potatoes, roast turkey breast, corn, raisins, shredded cheese & gravy

ASIAN VEGETABLE FRIED RICE \$10.95

Carrots, peas, celery, onions, cabbage, egg & peppers *GF, VG*

SMOKEHOUSE SWEET & SPICY BBQ \$13.25

Pulled pork, slow-cooked brisket, corn, roasted potatoes, baked beans, shredded cheddar sauce *GF*

SOUTHWESTERN WITH PULLED BEEF \$15.75

Pulled beef, corn, black beans, cilantro rice, lime & pico de gallo

SOUTHWESTERN WITH PLANT BASED SAUSAGE \$13.75

plant based sausage, corn, black beans, cilantro rice, lime & pico de gallo

BUFFALO CHICKEN MAC & CHEESE \$12.25

Home-style fried chicken, caramelized onions, crumbled bleu cheese

HAWAIIAN SWEET AND SOUR CHICKEN_PINEAPPLE BOWL \$14.45

Sweet and sour marinated & grilled chicken breast, oven roasted pineapple, confetti long-grain rice, and grilled lomi-lomi vegetables

KOREAN BEEF BOWL \$17.70

Bulgogi-style marinated shredded beef, brown rice, scallions, red pepper paste, mixed vegetables