

**SALADS** INCLUDES 4 TOPPINGS

EXTRA TOPPINGS .50

**PROTEINS**

CHICKEN \$4

SHRIMP \$6

GRILLED FLANK STEAK \$8

**GREENS \$7<sup>50</sup>**

ROMAINE

KALE CRUNCH

SPINACH AND ARUGULA BLEND

**DRY TOPPINGS**

SUNFLOWER SEEDS

CROUTONS

PUMPKIN SEEDS

TORTILLA STRIPS

WALNUTS

GRAISINS

**T O P P I N G S**

CARROTS

CUCUMBER

FETA CHEESE

TOMATOES

OLIVES

PARMESAN CHEESE

ONION

EDAMAME

PEPPER JACK CHEESE

BANANA PEPPERS

HARD BOILED EGGS

MUSHROOMS

ROASTED RED PEPPERS

AVOCADO

ARTICHOKES

GARBANZO BEANS

BACON

APPLES

CORN

GRAPES

BRUSSEL SPROUTS

BEETS

BLEU CHEESE

POMEGRANATE SEEDS

RADISH

**G R A I N S**

QUINOA

BULGAR

BROWN RICE

FARRO

WHOLE GRAIN PASTA

**D R E S S I N G S**

RED WINE VINAIGRETTE

BALSAMIC VINAIGRETTE

RANCH

GREEN GODDESS

ORANGE HONEY VINAIGRETTE

**GRILL**

**BURGERS \$10**

Lettuce, Tomato, Onion, American, Swiss, Provolone, Cheddar, Pepper Jack, Pickles

**HOT DOGS \$6**

**CHICKEN SANDWICH \$10**

Lettuce, Tomato, Onion, American, Swiss, Provolone, Cheddar, Pepper Jack, Pickles

**BEER AND CHEDDAR BRAT ON PRETZEL BUN \$10**

**CHICKEN PANINI \$10**

Chicken, Roasted Red Peppers, Mozzarella, Spinach, Pesto

**BUFFALO CHICKEN PANINI \$10**

Chicken, Hot Sauce, Bleu Cheese, Banana Peppers

**CAPRESE PANINI \$10**

Pesto, Tomatoes, Mozzarella

**GRILLED CHEESE \$6**

American & Cheddar, White Bread

**TURKEY PANINI \$10**

Turkey, Avocado, Bacon, Tomato, Pepper Jack Cheese

**FLANK STEAK CAPRESE \$12**

Pesto, Tomato, Mozzarella, Flank Steak

**SANDWICHES**