

The MENU



BREAKFAST

- WESTERN OMELETTE W/SPINACH
- OATMEAL W/BERRIES
- MUESLI W/ALMOND MILK
- BACON AND EGGS W/TOAST
- BLUEBERRY PANCAKES
- FRUIT SALAD

LUNCH

- TUNA WRAP
- GRILLED CHICKEN WRAP
- GRAFFITI SALAD
- GARDEN PASTA SALAD
- VEGGIE SUSHI ROLL
- CHICKEN SALAD SANDWICH
- BLT ON WHOLE GRAIN BREAD
- GARDEN VEGGIE SOUP
- BEEF BURGER SLIDERS
- LENTIL SOUP
- SPICY BLACK BEAN TACOS
- VEGAN PIZZA SUPREME
- TURKEY CLUB SANDWICH
- RAW VEGGIE HERO
- BLACK BEANS AND RICE
- PEANUT BUTTER & JELLY SANDWICH

DINNER

- MIXED VEGGIE PLATTER
CHICKEN FAJITAS
CHICKEN OVER RICE
CHICKEN AND BROCCOLI
CHICKEN STIR FRY
ROASTED CHICKEN
STEAK W/BROCCOLI & POTATO
BEEF BURGER DELUXE
SAUSAGE AND PEPPERS
ALPINE BURGER DELUXE
LAMB BURGER DELUXE
VEGGIE CHILI W/ TORTILLAS
LONDON BROIL W/ ROASTED VEGGIES
BEEF BARLEY SOUP

SIDES

- MOZZARELLA W/TOMATO
SWEET POTATO STEAK FRIES
GARLIC BREAD
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DRINKS

- BLACK OR GREEN TEA
COFFEE
GINGER ALE
CREAM SODA
CORONA
PELLIGRINO
VOODOO RANGER IPA
PINOT GRIGIO WHITE WINE
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DESSERT

- GREEK YOGURT PARFAIT
ICE CREAM W/OREO CRUMBLE
FROZEN BANANA DREAM
APPLE PIE
CRUMB CAKE