

LUNCH

WRAPS - \$15.95

All wraps include chips. Lunch-To-Go, includes sparkling water, available for wraps: \$1.50 per meal.

Turkey Pepper Jack

Oven roasted turkey, pepper jack cheese, green leaf lettuce, sweet peppers and dijonaise wrapped in a flour tortilla.

Chicken Caesar

Tender seasoned chicken, romaine, parmesan, tomato, and classic Caesar dressing wrapped in a flour tortilla.

East Asian Chicken

Marinated and grilled chicken, red and white cabbage, shredded carrots and house-made Thai mayo wrapped in a flour tortilla.

Vegan Tofu

Marinated and roasted tofu, red peppers, zucchini, red cabbage, grilled vegetables and house-made Thai mayo wrapped in a flour tortilla.



POT PIES - \$8.00

Beef, Chicken or Vegetable

SOUPS - \$17.95

All soups include salad & roll.



Chicken & Rice

Chunks of tender chicken breast, onions, celery and carrots stewed in a savory broth with rice

Creamy Tomato Basil

Stewed tomatoes, shallots and spices with a touch of cream

Broccoli Cheddar

Roasted broccoli, shredded carrots, cheddar and cream

Beef Barley

A hearty broth with tender chunks of beef, barley, fresh herbs and vegetables

ENTREES - \$20.95

All entrees available as vegetarian options.

Thai Red Curry

Traditional Thai curry with chicken, jasmine rice, vegetables, basil and coconut milk.

Teriyaki Chicken

Marinated and grilled chicken served with jasmine rice and roasted broccoli.

Chicken Souvlaki

Marinated and grilled chicken skewers served with lemon rice and roasted seasonal vegetables.

Jambalaya

Traditional New Orleans creole dish with chicken and andouille sausage. Served with fresh rolls and side salad.

Pasta Rigatoni

Choice of Bolognese alfredo or marinara. Served with Caesar salad.

Southwest Taco Bar

Choice of pork carnitas or grilled chicken served with flour tortillas, lettuce, salsa verde, grated cheese, sour cream and pico de gallo.

Add rice and beans: \$4.00

Pulled Pork Sandwich

Tender pork shoulder with Memphis style BBQ sauce on a toasted bun. Served with creamy coleslaw and chips.

DINNER

ENTREES - \$29.95

All entrees available as vegetarian options.



MONDAY

Chicken Provençale

Lemon garlic chicken roulades with rice pilaf, sautéed vegetables and rolls.

TUESDAY

Braised Fennel Pork Medallions

Served in a white wine/tomato broth with garlic orzo and roasted garden vegetables. Seasonal Item.

WEDNESDAY

Korean Dinner

Marinated bulgogi beef, grilled chicken, Jasmine rice, vegetable stir fry with Teriyaki sauce and Mamma sauce.

THURSDAY

Pasta Bar

Rigatoni Bolognese and penne alfredo. Served with Caesar salad and garlic bread.

FRIDAY

Chicken Cacciatore

Tender chicken thighs braised with sweet peppers, charred onions, olives, tomato, Italian parsley and red wine. Served with roasted garden vegetables and parmesan polenta. Seasonal Item.

SATURDAY

Beef Bourguignon

Slow-braised beef with red wine, rosemary, carrots and mushrooms. Served with garlic mashed potatoes & rolls.

SUNDAY

Chicken Tagine

Slow-simmered thighs with apricot, olives, sweet peppers and preserved lemons. Served with saffron rice. Seasonal Item.

SIDES, SNACKS & DESSERTS



Side Salad	\$5.00
Assorted Chips	\$2.50
Yogurt & Granola	\$4.00
Fresh Fruit	\$5.00
Veggies & Hummus	\$5.00
Nuts & Dried Fruit	\$3.50
Light Charcuterie & Cheese	\$6.00
Cookie	\$2.00
Brownie	\$3.00
Cheesecake	\$5.00
Caramel Apple Blossom	\$5.00
Chocolate Molten Cake	\$8.00

- ◆ Prices are per person/single serving.
- ◆ Group orders only. Meals will be served buffet style.
- ◆ Pot Pies & Wraps require minimum order of 5 per type selected. All other menu items require minimum order of 12. Exceptions may be made for vegetarian options.
- ◆ Items are served à la carte, unless otherwise noted.
- ◆ Vegan & gluten-free options available for most items.
- ◆ WA State sales tax will be added to all orders.
- ◆ All prices subject to change without notice.