

Soups

RANCH STYLE CHILI BOWL

Premium plant-based Hungry Planet® mince, tomatoes, onion, chili, beans, corn, avocado, corn chips

CHICKEN NOODLE

Chicken, root vegetables, vermicelli noodles, scallions

Salads

TUNA

Spring greens, rare ahi tuna, chopped egg, asparagus, tomatoes, cucumbers, miso vinaigrette

CAJUN SHRIMP

Iceberg-romaine lettuce mix, Cajun shrimp, roasted corn, avocado, black beans, roasted peppers, tortilla crisp, buttermilk ranch

SALMON CHOPPED SALAD

Grilled salmon, iceberg-romaine lettuce mix, tomatoes, chickpeas, asparagus, roasted corn, cucumbers, chopped egg, house vinaigrette

CHICKPEA, BARLEY

& QUINOA SALAD

Quinoa, barley, cucumber, red onion, grape tomatoes, avocado, chickpeas, mixed greens, lemon dressing

SUNFLOWER CHICKEN

CAESAR SALAD

Romaine hearts, chicken, avocado puree, fried capers, sunflower seeds, broccolini, herb croutons, creamy Caesar dressing

Can be made vegetarian

Sandwiches & Wraps

PULLED PORK

(Signature Dish)

Toasted kaiser roll, shredded BBQ pork, coleslaw, crispy onions, pickle chips

TUNA

Multigrain bread, tuna salad, cucumbers, arugula, roasted peppers, sprouts

ROAST BEEF

Baguette, sliced pink roasted beef strip, crispy onions, pepper jack, lettuce, tomato, horseradish mayo

VEGAN MEATBALL

Hungry Planet® premium plant-based meatballs, vegan cheese, marinara, arugula, hoagie bun

PROVENCAL PANINI

Vegan mozzarella, tomatoes, roasted portobello, roasted peppers, arugula-walnut pesto, panini bread

CHICKEN CAESAR WRAP

Flour tortilla, grilled chicken breast, romaine lettuce, parmesan cheese, creamy Caesar dressing

FREE RANGE CHICKEN PANINI

Grilled free range chicken breast, panini bread, pesto butter, Swiss cheese, caramelized onion, tossed salad, ranch dressing

Desserts

STRAWBERRY SHORT CAKE

FRESHLY-BAKED INCREDIBLE COOKIES

Chocolate chip, cranberry & oatmeal and sugar

CLASSIC CHEESECAKE

GLUTEN-FREE DESSERT

Please consult your server for today's selection

Fresh Vegetable & Fruit Juices

ORANGE

Orange, carrot, ginger, turmeric

APPLE

Red & green apple, beet, ginger

CARROT

Carrot, beet, apple

CELERY-GINGER

Ginger, celery, kale, apple

KALE

Kale, carrot, orange, lime, ginger

WATERMELON

Watermelon, apple, strawberry

CUCUMBER

Cucumber, apple, celery

Classic Smoothies

S BERRY

Strawberries, banana, raspberry, non-fat yogurt, strawberry syrup

PEACHY

Peach, strawberries, banana, orange, pineapple, fruit juice

COCO DRAGON

Dragon fruit, coconut water, banana, pineapple, honey

ORANGE-GINGER

Orange, strawberry, mango, banana, ginger

ANANAS

Pineapple, strawberry, mint, kefir

PAW-PAW

Papaya, banana, lime juice, mango, coconut milk

Superfood Smoothies

ALL GREENS

Fresh kale, fresh spinach, green tea, pineapple, banana, apple juice

BERRY BENEFICIAL

Strawberries, blueberries, banana, flax seeds, vanilla almond milk, agave, raspberry juice

Fruit Smoothie Bowls

ACAI BERRY BERRY

Acai, blueberries, strawberries, blackberry, banana, almond milk. Topped with banana, fresh strawberries, blueberries, granola, honey

ACAI TROPICAL MANGO

Acai, mango, banana, pineapple, coconut, vanilla-almond milk. Topped with banana, fresh strawberries, mango, coconut, honey

OVERNIGHT OATS

Rollled oats, walnut, almond, apple, raisins, natural yogurt

SEASONAL FRUIT BOWL