

## Soups

**French Onion** (soy-based broth)

**Organic Vegetable**

**Tomato Basil**

## Salads

**Garden Fresh Salad Bar**

(excluding bacon, tuna pasta, green chile potato salad and regional recipes)

**Nutty Mixed-Up Salad** (request no chicken)

**Organic** field greens, grapes, feta, nuts, dried cranberries, raisins, pumpkin seeds, **organic** apples.

**Chicken Club Salad** (request no chicken or bacon)

Grape tomatoes, sliced avocado, cheddar, Asiago, bacon on mixed salad greens.

**NEW!** **Black Bean Taco Salad**

Lettuce, **organic** blue corn chips, topped with our black bean and roasted corn mix. Garnished with cheddar, sour cream, guacamole, pico de gallo, Southwest spices. Salsa on the side.

**Fresh Fruit Bowl or Fresh Fresh Fruit Cup**

Mixed, seasonal fruit. Served with creamy fruit dip.

## Sandwiches & Wraps

**Spinach Veggie Wrap**

**Organic** wheat wrap with mushrooms, **organic** spinach, Asiago, guacamole, pico de gallo. Salsa on the side.

**Zucchini Grillini**

Roasted zucchini, Muenster, **organic** spinach, red onions, roma tomatoes, kalamata olives, roasted red pepper hummus, toasted on multigrain wheat bread.

**Build Your Own Veggie Sandwich**

Your choice of bread, cheese, spreads and toppings!

**NEW!** **Caprese Panini**

Fresh mozzarella, **organic** spinach, Roma tomatoes, fresh basil pesto, pressed within herb focaccia bread.

**NEW!** **Grilled Cheese & Tomato Soup Combo** (where available)

Grilled Muenster and American cheese sandwich on multigrain wheat, served with a bowl of tomato basil soup.

## Pasta

**Pasta Primo** (request no chicken)

Penne pasta topped with tomato-basil sauce, Asiago.

**Pasta Alfredo** (request no chicken)

Penne pasta topped with creamy Alfredo sauce, Asiago.

**Zucchini Garden Pasta**

Bowtie pasta topped with roasted zucchini, our fresco mix, Asiago.

## Potatoes

**The Plain Jane®** (request no bacon)

Baked potato stuffed with cheddar, sour cream, natural buttery blend, bacon, green onions.

**Pollo Mexicano Potato** (request no chicken)

Baked potato stuffed with cheddar, sour cream, natural buttery blend, pico de gallo, Southwest spices.

## Kid's Menu

**Peanut Butter & Jelly**

**Mac & Cheese**

**Grilled Cheese**

**Cheese Pizza**

**Kid's Salad Bar**

(excluding bacon, tuna pasta, green chile potato salad and regional recipes)

## Sides

**NEW!** **Caprese salad**

**American potato salad**

**NEW!** **Quinoa & mango salad**

**Italian pasta salad**

**NEW!** **Black bean & roasted corn salad**

**Steamed veggies**

**Fresh fruit cup**

**Organic** blue corn tortilla chips & guacamole

**Organic** blue corn tortilla chips & salsa

**Organic** blue corn tortilla chips & roasted red pepper hummus

**All Desserts!**

## Vegan All The Way

**Organic Vegetable Soup**

**Nutty Mixed-Up Salad**

(request no chicken or cheese)

**Spinach Veggie Wrap** (request no cheese)

**Organic** wheat wrap with mushrooms, **organic** spinach, asiago, guacamole, pico de gallo. Salsa on the side.

**Steamed Veggies**

(broccoli, zucchini, organic carrots)

**Organic** blue corn tortilla chips & guacamole

**Organic** blue corn tortilla chips & salsa

**Organic** blue corn tortilla chips & hummus

**Fresh Fruit Bowl or Fresh Fruit Cup** (request no creamy fruit dip)

**Salad Bar Choices**

Salad bar greens

**Organic** spinach

Grape tomatoes

Broccoli

Mushrooms

**Organic** baby carrots

Red bell pepper strips

Yellow bell pepper strips

Red onion rings

Cucumber slices

Green olives

Kalamata olives

Artichokes

Italian peppers

Apple slices

**NEW!** **Quinoa & mango salad**

Beets

Sweet peas

Zucchini sticks

Roasted red pepper hummus

Spicy cajun mix

Jalapeños

Spicy Giardiniera (where available)

Granola

All crackers

(except Dr. Kracker Pumpkin Cheddar,

Honey Graham,

**Organic Flatbread Crackers**)

**Dressings:** Olive Oil, **Organic** Balsamic Vinegar,

Red Wine Vinegar, Balsamic Vinaigrette, Raspberry Vinaigrette