

# LUNCH

## SOUPS AND SALAD MENU

*\$11 for one soup and one salad*

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Homemade soups and chowders

**RED CURRY CARROT**

**HARVEST VEGETABLE**

**CREAM OF BROCCOLI**

**CREAMY TOMATO BASIL**

**CLAM CHOWDER (NEW ENGLAND STYLE)**

**WHITE BEAN-CHICKEN CHILI**

**CHICKEN NOODLE**

**BEEF & BROWN RICE**

**SPLIT PEA AND HAM**

# FRESH SALADS

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## **GARDEN SALAD**

spring mix, cucumbers, tomato, carrots, shaved red onion served with ranch, balsamic mustard or lemon caper

## **SPINACH SALAD**

baby spinach with gorgonzola cheese, crushed pistachios, and red onions

## **CAESAR SALAD**

fresh crisp romaine hearts topped with croutons and parmesan cheese

## **ROASTED BEET SALAD**

with arugula, crumbled goat cheese, toasted almonds and honey vinaigrette

## **SOUTHWEST CHOPPED SALAD**

romaine lettuce, black beans, sweet corn, red bell pepper and grated mozzarella cheese with smokey piquant dressing

## **PASTA SALAD**

penne pasta mixed with fresh vegetables, feta and tossed with a pesto vinaigrette

# SANDWICH BUFFET AND PLATTERS

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served with Kettle chips, salad or fresh fruit platter  
cookies

## **BUILD YOUR OWN SANDWICH PLATTER**

***\$10***

sliced oven roasted turkey, honey maple ham, house roast beef, pastrami, tuna salad served with lettuce, tomato, cheese, pickles, sliced bread and wraps  
cheese assortment / dijonnaise / mayonnaise

## **SANDWICH BUFFET SELECTION**

***\$10***

### **sliced ham, turkey or roasted beef**

cheddar cheese, lettuce, tomato, red onion, dijon mustard and mayo on sliced sourdough/whole wheat

### **deli thin turkey cranberry**

cranberry relish, whipped cream cheese, lettuce and red onions on sliced whole wheat bread

### **deli thin turkey BLT**

With avocado and mayo on sliced whole wheat bread

### **garden vegetarian (vegan)**

avocado spread, cucumber, sliced pickle, lettuce, tomato, red onion and stone ground mustard on sliced whole wheat

### **tarragon chicken salad wrap**

pickled onions, sliced cucumber, and lettuce in whole grain wrap

### **chipotle bbq chicken wrap**

shredded romaine, diced red bell pepper, sliced red onions, black beans, sweet corn, shredded mozzarella and chipotle bbq dressing

### **mediterranean**

red pepper hummus, olive tapenade, crumble feta, lettuce, tomato and cucumber in whole wheat bread

### **caprese**

mozzarella, tomato, basil, olive oil, salt and pepper on our ciabatta

### **box lunch**

***\$12***

served with Kettle chips, salad or fresh fruit platter  
cookies

**red hot**

grilled buffalo chicken breast, cheddar cheese, lettuce, sliced tomato, and yogurt ranch sauce served on bambino roll

**pinch of spicy**

grilled turkey breast, pepper jack cheese, lettuce, tomato, red onion and chipotle-brown sugar mayo on bambino roll

**all american**

club wrap thin sliced turkey, ham, bacon, cheddar, lettuce, tomato and mayo in whole wheat wrap

**the original**

hot roasted beef, cheddar cheese, caramelized onions and creamy horseradish on bambino roll

## EXECUTIVE LUNCH BUFFET

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choose one salad, one hot luncheon and one dessert

**SALADS**

young greens with teardrop tomatoes, english cucumbers and shaved carrots accompanied with buttermilk ranch and grain mustard balsamic

spinach, blue cheese crumbles, fresh berries and toasted almonds with a raspberry vinaigrette

caesar salad with parmesan and fresh made croutons

**DESSERTS**

cookies and dessert bars

or

chef's choice dessert

# POULTRY AND FISH

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## **PESTO CRUSTED WILD KING SALMON**

citrus-butter sauce and blistered teardrop tomatoes, served with wild rice

## **GRILLED WILD KING SALMON**

with red pepper chimichurri and lemon cream roasted fingerling potato and green beans

## **GRILLED SALMON FILLET**

served with root vegetable puree, medley of vegetables with dill creme

## **SHREDDED CHICKEN BREAST ENCHILADAS**

salsa verde, spicy black beans and spanish rice

## **BALSAMIC ROASTED CHICKEN**

herb pan gravy, teardrop tomatoes and pearl onions with Yukon mashed potato

## **CHICKEN FLORENTINE**

boneless chicken breast topped with sautéed spinach, roasted garlic, mushrooms and melted mozzarella over red crushed potato

## **FONTINA, THYME AND PROSCIUTTO STUFFED BREAST OF CHICKEN**

served with a roasted red pepper cream sauce and bistro rice

## **CHICKEN PICCATA**

with lemon caper butter sauce with your choice of pasta

# BEEF AND PORK

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## **GRILLED COULOTTE OF BEEF**

horseradish cream, rye gremolata, Oregon cheddar scalloped potatoes and seasonal vegetables

## **MARINATED TRI-TIP**

wood roasted tri-tips of beef in pinot demi, au gratin potatoes and seasonal vegetables

## **BEEF STROGANOFF**

sautéed pieces of beef served in a sauce with smetana over egg noodles

## **BRAISED BEEF**

wild mushrooms and cabernet sauce with Yukon mashed potatoes and broccoli florets

## **MEAT LASAGNE**

with three cheese pesto ricotta filling and beef-pork bolognese

## **MAPLE CURED CENTER CUT PORK LOIN**

caramelized onion-red wine pan juice and cranberry mostarda, sweet potato and red bell pepper hash and medley of vegetables with fresh herbs

# VEGETARIAN

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## **HARVEST STUFFED PORTOBELLO MUSHROOM**

wheat berry, kale and butternut squash with toasted walnut cream

## **WHITE LASAGNA**

woodland mushroom duxelles, baby spinach and roasted garlic cream

## **WILD MUSHROOM PENNE**

with fontina and black truffle cream sauce

## **BAKED MAC AND CHEESE**

home made mac cream and panko bread crumbs, add bacon, smoked chicken, sausage, caramelized onions, roasted peppers +\$1 each

## **POLENTA CAKE**

polenta, layered with pan seared vegetables topped with caprese salad and balsamic reduction

## **LUNCH BEVERAGES**

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### **ICED TEA, LEMONADE, SOFT DRINKS & BOTTLED WATER**

**\$2**

### **STRAWBERRY LEMONADE**

**\$3**