Daily Seasonal Menu

Breakfast

1.Egg bites(or egg whites):prosciutto,asparagus & Munster cheese or tomato basil & mozzarella
Minimum 6 each of 1 kind $15

2.Toasted English muffin Breakfast sandwich: egg,ham(or bacon),spinach,red onion & cheddar
Minimum of 6 of 1 kind $21

3.Breakfast burrito: fennel sausage(pork or turkey), eggs,potatoes,peppers,monterey jack cheese & hot sauce
Minimum of 6 of 1 kind $24

4.Spanokopia frittata:egg,feta cheese, garlic & scallions in phyllo dough
Minimum of 6 $21

5.Overnight oats:(almond cranberry or walnut blueberry) 2% milk,Greek yogurt,maple syrup, cinnamon & nutmeg
Minimum of 4 of 1 kind $20

6.Granola with agave,warm spices,brown sugar & toasted pecans,fresh fruit & dried fruit,and vanilla Greek yogurt
Minimum of 4 portions of each $28

Protein boxes

1.Hard boiled eggs,Munster cheese,artisan crackers,crudite & green goddess dressing $12 each

2.Lemon chicken,garlic hummus,feta cheese,peppers, olives & artisan crackers $15 each

3.Albacore tuna salad,artisan crackers,crudite & green goddess dressing $18

4.Salami,provolone,marinated olives,artichokes, peppers & artisan crackers $15 each
Minimum of 4 of 1 kind

Lunch
All sandwiches are on a soft French loaf with lettuce,red onion,tomato & pickle

1.Smoked turkey & cheddar sandwich,garlic aioli

2.Black forest ham & Munster sandwich,butter

3.Salami & Provolone sandwich,garlic aioli
Minimum of 4 of 1 kind $36

Individual Lunches

1.S.W.chicken breast,slow cooked black beans,chili spiced rice,onions,peppers & hot sauce $16

2.Thai peanut noodles with tofu & Asian vegetables $15

3.Baked ziti pasta with Italian sausage,kale,fresh ricotta & red sauce $16

4.Pork tenderloin bites with garlic & herbs, roasted potatoes,carrots & onion $16

5.Korean glass noodles & sesame ginger ground turkey,Asian vegetables $16

6.Greek chicken salad:tomato,cucumber,red onion romaine,feta,kalamata olives & lemon vinaigrette $14

7.Italian chop salad:salami,provolone,garbanzo beans,tomato,onion,romaine & balsamic vinaigrette $13

8.Kale chicken Ceasar:artichoke hearts,red onion & parmesan cheese $14
Minimum of 4 of 1 kind