



LUNCH BOXES

Gourmet Sandwiches & Side Salads

Sandwich & Wrap Selections

GRILLED CHICKEN CAPRESE ON Focaccia bread

Our Italian marinated chicken breast, fresh mozzarella, roasted tomatoes, basil aioli, arugula and a drizzle of balsamic glaze on focaccia bread.

ROASTED VEGETABLE CAPRESE—*Herb-roasted vegetables replace chicken breast (above).*

FRESH PLATE CLUB

A Classic with a twist of basil—Turkey, ham, bacon, tomatoes, crisp lettuce, and basil aioli on sliced French bread, with classic mayonnaise—dairy free.

CURRIED CHICKEN CROISSANT

Classic curry chicken salad, tomatoes, crisp lettuce, chili-mango mayonnaise.

HAM & BRIE FOCACCIA

Black Forest Ham, creamy Brie cheese, sliced apples, arugula & apricot aioli on focaccia bread.

GREEK CHICKEN WRAP

Lemon marinated chicken breast, hummus, tzatziki, Greek vegetable salsa (tomatoes, cucumbers, red onion, kalamata olives, feta cheese), arugula and crispy lettuce.

PARMESAN CHICKEN CAESAR WRAP

Our popular parmesan crusted chicken breast, crisp romaine lettuce, parmesan cheese & house made Caesar dressing, organic wrap.

VEGAN ROASTED VEGETABLES & HUMMUS WRAP—*roasted zucchini, carrots, red pepper strips with our own hummus, fresh tomato and arugula, In an organic wrap.*

Side Salad Selections

MEDITERRANEAN ORZO PASTA — *tomatoes, roasted zucchini, feta, kalamata olives tossed with orzo in our Greek lemon-dill vinaigrette.*

HOUSE SIDE SALAD — *toasted almonds, feta cheese, dried cranberries, arugula, romaine lettuces, with balsamic vinaigrette on the side.*

CLASSIC PEA SALAD — *Petite peas, crispy bacon, cheddar cheese, water chestnuts, creamy herb dressing.*

GREEK VEGETABLE SALAD — *tomatoes, cucumbers, red onion slices, kalamata olives, & feta cheese tossed in a lemon dill vinaigrette.*

MISS VICKY'S SEA SALT POTATO CHIPS

PLEASE CHOOSE UP TO 4 MAIN MENU ITEMS & 2 SIDES

SANDWICH & CHIP BOX — \$15.95

SANDWICH & SIDE SALAD BOX — \$16.95

GLUTEN FREE BREAD AVAILABLE—ADD \$1.00



MEAT & CHEESE DELI SANDWICH BOX—\$13.95

PETITE SANDWICH & CHIP BOX — \$11.95

BEVERAGES AVAILABLE—\$1.25 — ASK FOR SELECTIONS

SANDWICH BOXES COME WITH YOUR CHOICE SIDE AND A LARGE COOKIE

The Fresh Plate—509-808-6195 freshplatemarket@gmail.com

**FRESH
PLATE**



LUNCH BOXES

Entrée Salads & More

Entrée Green Salad Selections

ITALIAN CHOPPED SALAD

Italian marinated chicken breast, sliced salami, tomatoes, mozzarella cheese, chickpeas, green onion, mix of crisp lettuces & creamy pesto Italian dressing.

ROASTED VEGETABLE COBB

Roasted carrots, zucchini, bell peppers, tomatoes, toasted pumpkin seeds, hard boiled egg, & feta cheese with our lemon-dill vinaigrette on the side. (vegan without boiled egg & cheese).

HOUSE SALAD WITH CHICKEN — *Lemon-garlic chicken breast, toasted almonds, feta cheese, dried cranberries, arugula, romaine lettuces, with balsamic vinaigrette on the side.*

CHICKEN CAESAR SALAD

Mediterranean lemon Marinated chicken breast, crispy croutons, parmesan cheese, over crisp romaine lettuce, with our own Caesar dressing—a classic!

CAESAR SALAD WITH SALMON

ASIAN CHICKEN

Sesame ginger chicken breast, , red pepper, carrot, water chestnuts or shaved celery, five-spice roasted cashews, iceberg & honey gem lettuce.

ASIAN SALMON

Sesame ginger marinated wild salmon, cucumber, red pepper, carrot, water chestnuts or shaved celery, five-spice roasted cashews, iceberg & honey gem lettuce.

Graze Boxes—Minimum 5 per item

CHARCUTERIE & CHEESE BOX

Italian meats, cheeses, light fruit, vegetables- both roasted & pickled, roasted nuts, seasonal condiments.

MEZE GRAZE BOX

Greek marinated chicken breast, roasted vegetables, olives, feta cheese, hummus, tzatziki. Pita chips

SALAD TRIO—*variety of 3 salads—protein, vegetable and starch—ask for our current menu.*

ENTREE SALAD BOX — \$15.95

SALMON SALAD— \$16.95



GRAZE BOXES — \$16.95

PETITE ENTRÉE SALAD BOX — \$14.95

All boxes include a cookie of the week, cutlery kit with salt & pepper, and a napkin
Beverages on request—\$1.25— Ask for current selections

FOR YOUR GROUP ORDER

PLEASE CHOOSE UP TO 4 MAIN MENU ITEMS & 2 SIDES (salad & chip or 2 salads)