



SANDWICH, SALAD, COOKIE - \$12 — WITH BEVERAGE - \$12.75

SANDWICH, FRUIT & COOKIE - \$10 — WITH BEVERAGE \$11.00

SANDWICH, MISS VICKY'S POTATO CHIP & COOKIE - \$10 — WITH BEVERAGE \$11

TURKEY, HAM, TUNA, EGG OR CHICKEN SALAD SANDWICH, CHIP (OR APPLE) & COOKIE - \$9 — WITH BEVERAGE \$10

SANDWICH OPTIONS

~ Any Sandwich may be made into a WRAP or SALAD ~ Gluten Free bread available ~

TURKEY BACON RANCH

Turkey breast, bacon, ranch cream cheese, roasted tomatoes and cheddar cheese on Tuscan bread

HEALTHY CHICKEN

Chicken breast, Cheddar herbed goat cheese, roasted red pepper, arugula, balsamic glaze on multi-grain bread

HOLIDAY TURKEY

Turkey breast, Brie cheese, Cranberry orange crush & arugula on a French roll

LEMON-CAPER TUNA SALAD

Albacore tuna with lemon-caper aioli, roasted tomatoes & arugula on nine-grain bread

FRESH PLATE GRILLED CHICKEN

Grilled chicken breast, basil aioli, Chicken breast, provolone cheese, roasted red peppers, arugula, Balsamic glaze on nine-grain bread

CURRY CHICKEN SALAD CROISSANT

Chicken breast in a creamy dressing with dried cranberries, apricots, cashews, red onion, arugula

GRILLED VEGETABLE CAPRESE

Grilled zucchini and/or yellow squash, Fresh mozzarella, basil crush, roasted tomatoes on a French roll, with a drizzle of balsamic glaze

GRILLED CHICKEN OR VEGETABLE CAPRESE

Grilled Chicken breast, fresh mozzarella, basil crush, roasted tomatoes on a French roll, with a drizzle of balsamic glaze

PARMESAN CHICKEN CAESAR WRAP

Crusty parmesan chicken, crisp romaine lettuce, our own Caesar dressing in a spinach wrap

GREEK FREAK CHICKEN WRAP

Chicken breast, hummus, tzatziki, red peppers, tomatoes, cucumbers, feta, olives, arugula, balsamic glaze - flavorful

FRESH PLATE ENTRÉE SALADS

HOUSE SALAD WITH CHICKEN - GF

Made with Arugula greens, feta cheese, dried cranberries, toasted pistachio nuts & balsamic vinaigrette and topped with our house-seasoned grilled chicken.

CHICKEN CAESAR SALAD

Crisp romaine lettuce, grilled chicken breast, parmesan cheese, croutons, Fresh Plate Caesar dressing

ASIAN CHICKEN OR SALMON SALAD — GF (SALMON BOXES - ADDITIONAL \$1) — GF (tamari)

Apricot Ginger glazed wild salmon, cucumber, mandarin oranges, over a bed of kale, cabbage, sliced Brussels sprouts and broccoli slaw, sesame vinaigrette

FRESH PLATE SIDE SALAD OPTIONS

HOUSE GREEN SALAD — GF, V

Arugula with feta cheese, dried cranberries, toasted pistachio nuts & balsamic vinaigrette

SEASONAL FRESH FRUIT SALAD — GF, DF, VEG, VEGAN

VEGGIE PASTA — DF, VEG, VEGAN

Chopped fresh vegetables & whole grain pasta in a creamy Italian dressing

BACON PEA SALAD - GF

Petite peas, bacon, cheddar cheese, dry roasted almonds, water chestnuts, creamy ranch dressing

QUINOA TABOULI GF, DF, VEGAN

Tri-colored quinoa, diced tomatoes, cucumbers, mint & parsley dressed in a Lemony Vinaigrette

MEDITERRANEAN ORZO - VEG

With tomatoes, olives, feta cheese, bell peppers and a Greek Vinaigrette

BEVERAGE CHOICE

BOTTLED WATER, SODA — COKE, PEPSI, DIET COKE, DIET PEPSI, DR PEPPER, MT. DEW — SAN PELLEGRINO ITALIAN SODAS ADD \$1

PLATTERS

UPSCALE SANDWICH PLATTER (GOOD SIZE HALVES)

Small \$40 (10 halves) Medium - \$56 (16 halves) Large (24 halves) \$80

DELI SANDWICH PLATTER (GOOD SIZE TURKEY, HAM, TUNA, AND/OR CHICKEN SALAD)

Small \$35 (10 halves) Medium \$48 (16 halves) Large \$72 (24 halves)

DELI SALAD BOWL — ASK FOR SEASONAL VARIETIES

5 pound bowl - \$30 (serves 12-24) 10 pounds - \$50-\$60 (serves 24-40) Servings depend on additional food served

COOKIE PLATTER

Petite - \$15 dozen Jumbo - \$24 dozen Minis - \$9 dozen