



Catered “Cold” Lunch Menu

REAL Bowls

South of the Border Bowl

Tex-mex seasoned quinoa crumbles or mixed greens, fire roasted corn, black beans, sauteed peppers, Monterrey jack cheese
Chipotle Ranch dressing
Blackened or seasoned 5-ounce chicken breast

Mediterranean Power Bowl

Seasoned orzo, lemon garlic mint herbed 5-ounce chicken breasts, cucumbers, grape tomatoes, olives, feta or goat cheese crumbles, Tzatziki sauce drizzle (or on the side)

Fresh Low Carb, Gluten Free Bowl

Baby spinach, broccoli florets, watermelon radish, kale, snow peas, parsnips, grape tomatoes, balsamic apple vinaigrette
Seasoned 5-ounce chicken breast

REAL Salads

(add chicken extra)

Strawberry and Gouda with spinach and mixed greens, poppy seed dressing

Oriental with mixed greens, wonton strips, almonds, mandarin oranges, sesame oriental dressing

House with mixed greens, red peppers, cucumbers, carrots, mixed cheeses, ranch or balsamic dressing

Kale with goat cheese crumbles, raisins, almonds with apple balsamic dressing

Mexi with romaine, black beans, corn, cucumbers, red peppers, chipotle ranch

The Trio with scoops alternating – chicken salad, pimento cheese, black bean corn salad, pasta salad, potato salad with flatbread

Wraps and Sandwiches

Turkey, havarti, apples, honey cream wrap

Turkey, havarti, pesto mayo, green leaf sandwich

Ham, cheddar, mayo grainy mustard, green leaf wrap or sandwich

Ham, brie, cranberry mayo sandwich, wrap, croissant

House made chicken salad sandwich, wrap or croissant

House made pimento cheese sandwich, wrap or croissant

Ultimate veggie wrap with hummus

Sides

Vegetable pasta salad

Black bean corn salad

Kettle chips

Soups

Tomato basil

Vegetable beef

Corn chowder

Lime black bean

Creamy fajita beef and black bean

Broccoli and cheese

White bean chili