



### *Sample Menu*

803-490-1636

#### Individual

\*Shredded Beef Enchilada with rice and corn salsa \$13/\$45

\*Jerk Chicken Thighs w/Caribbean rice and mango salsa \$13/\$45

\*Chicken Parmesan over Linguine \$13/\$45

\*Turkey Burger w/lettuce, tomato and sweet potato salad

\*Chicken Pot Pie-\$9/\$33

#### Salad, and Wraps

\*The Rachel- chicken, chick peas, mint, red onion, pistachios, feta, parsley, quinoa \$9 **GF**

\*Chicken BLT Wrap \$9.50

\***Salmon Salad**-salmon, pepperoncini peppers, cucumbers, carrots, bacon, egg and balsamic dressing \$ 10 **GF**

\***Chicken Salad w/almonds and cranberries** Pint \$10 **GF**

\*Egg Salad-\$5

\*Vegetable Soup **GF** \$7

#### Seafood

\***Salmon with fig, pistachios and bacon** green beans and potatoes\$14 **GF**

#### Vegetarian

**Mediterranean Bowl**-tabbouleh, roasted veggies, hummus, pita \$12

#### Sweets

Zucchini muffins

Granola bars