



## Hot Entrees

<b>Chicken Cordon Bleu</b>	<b>\$16.00</b>
<i>Served with herbed roasted potatoes</i>	
<b>Butter Chicken Meal</b>	<b>\$16.50</b>
<i>(Served with Basmati rice and naan)</i>	
<b>Chicken Parmesan with Penne</b>	<b>\$16.00</b>
<i>Breaded chicken with al-dente penne pasta and marinara Sauce</i>	
<b>Hearty Lasagna</b> (per person)	<b>\$16.00</b>
<i>Made in house - layers of cheeses, meat sauce, noodles. Served with Caesar salad and garlic toast.</i>	
<b>Vegetarian Lasagna</b>	<b>\$16.00</b>
<i>Served with garlic toast and salad.</i>	
<b>Chicken Souvlaki Meal</b>	<b>\$16.00</b>
<i>Served with rice pilaf and Caesar salad.</i>	
<b>Chicken Lettuce Wraps</b>	<b>\$16.00</b>
<i>Diced chicken &amp; veggies served with lettuce cups and an addicting sauce.</i>	
<b>Thai Red Curry Chicken with Coconut Milk</b>	<b>\$16.00</b>
<i>Served with Aromatic Jasmine Rice</i>	
<b>Buddha Veggie Vermicelli Bowl</b>	<b>\$16.00</b>
<i>Served with tofu as the protein.</i>	
<b>Vermicelli Bowl</b>	<b>\$16.00</b>
<i>Your choice of Beef or Chicken &amp; Spring Roll</i>	
<b>Vegetarian Stir-fry</b>	<b>\$16.00</b>
<i>Served with Jasmine rice. Gluten free option available.</i>	
<b>Chicken Stir-Fry and Vegetables</b>	<b>\$16.00</b>
<i>Served with Jasmine rice. Gluten free option available.</i>	

**Please note you must order a minimum of 6 of each item for hot entree orders.**

# LUNCH MENU

## Trays

<b>Fruit, Cheese, Cracker Platter</b>	<b>\$6.95</b>
<i>(per person)</i>	
<b>Fresh Cut Vegetable Tray</b> (per person)	<b>\$3.95</b>
<b>Seasonal Fruit Tray</b> (per person)	<b>\$3.95</b>
<b>Assorted Sandwich Tray</b> (per person)	<b>\$9.50</b>
<b>Wrap Tray</b> (per person)	<b>\$9.50</b>
<b>Premium Sandwich and Wrap Tray</b>	<b>\$9.95</b>
<i>(per person)</i>	
<b>Vegetable and Cheese Tray</b> (per person)	<b>\$4.95</b>
<b>Assorted Cold Cuts</b> (per person) <b>and Cheese Platter</b>	<b>\$6.95</b>

## Salads

<b>Mixed Green Salad with Chicken</b>	<b>\$12.00</b>
<b>Cobb Salad</b>	<b>\$13.00</b>
<i>Mixed Greens, egg, bacon, grilled chicken, cheese, tomatoes, chipotle ranch dressing</i>	
<b>Grilled Chicken Caesar Salad</b>	<b>\$12.50</b>
<b>Side Salad</b>	<b>\$3.50</b>
<i>Your choice of Caesar or mixed green.</i>	
<b>Soup du Jour</b>	<b>\$4.95</b>
<i>Ask about our daily creations - broth and cream based soups.</i>	

## Sandwiches

**Sandwich options:** Turkey & Swiss, Egg Salad, Tuna Salad, Ham & Cheddar Croissant, Cuban Sandwich, Thai Chicken Wrap, Sate Chicken Wrap, Veggie Wrap, Turkey Wrap

<b>Zest Sandwich Lunch with Fruit Cup and Cookie</b>	<b>\$15.00</b>
<b>Zest Sandwich Lunch with Veggie Cup and Cookie</b>	<b>\$15.00</b>
<b>All Inclusive Executive Sandwich Lunch</b>	<b>\$16.00</b>
<i>(Comes with sandwich or wrap, a side garden salad, a fresh baked cookie and a can of pop or a bottle of water.</i>	
<b>Grab and Go Lunch Bag</b>	<b>\$14.00</b>
<i>Comes with a sandwich or wrap and your choice of a whole fruit, bag of chips or 1 cookie and a can of pop.</i>	
<b>Vietnamese Beef Sate Sub</b>	<b>\$11.00</b>
<b>Lemongrass Chicken Viet Sub</b>	<b>\$11.00</b>
<b>Vegetarian Wrap</b> (each)	<b>\$9.50</b>
<b>Chicken Panini</b> (each)	<b>\$9.50</b>
<b>Vegetarian Sandwich</b> (each)	<b>\$9.50</b>
<b>Gluten Free Sandwich</b> (each)	<b>\$9.50</b>
<b>Small Bites</b>	
<b>Shrimp Salad Roll (2)</b>	<b>\$7.00</b>
<b>Chicken Salad Roll (2)</b>	<b>\$7.00</b>
<b>Mini Veg. Samosa (10 count)</b>	<b>\$12.50</b>
<b>Veggie Spring Rolls (10 count)</b>	<b>\$12.50</b>

