



## LUNCH BUFFET

Includes Freshly Brewed Rooted Grounds Regular and Decaffeinated Coffee, Assorted Herbal Teas, Iced Tea and Iced Water

### THE MARKET

Soup du Jour, Garden Salad, Chips, Sliced Ham, Roast Beef & Turkey, Sliced Cheese, Lettuce, Sliced Tomato, Pickles & Onion, Rolls & Bread, Cookies & Brownies

### MARKET SALAD

Served with Rolls & Butter, Chef's Selection of Dessert

#### GREENS CHOOSE TWO

Mixed Baby Greens  
Romaine Lettuce  
Iceberg Lettuce  
Spinach  
Kale

#### CHEESE CHOOSE TWO

Blue Cheese  
Feta Cheese  
Cheddar Cheese  
Jack Cheese

#### TOPPINGS CHOOSE FIVE

Grape Tomatoes  
Shredded Carrots  
Cucumbers  
Roasted Brussel Sprouts  
Garbanzo Beans  
Sweet Peppers  
Yellow Squash & Zucchini  
Roasted Red & Golden Beets  
Sunflower Seeds  
Olive Blend  
Black Beans  
Chopped Egg  
Croutons  
Bacon Bits

#### PROTEIN CHOOSE ONE

Herb & Garlic Grilled Chicken  
Cilantro Lime Seared Tofu  
Roast Sirloin of Beef (Market Price)  
Herb & Lemon Roasted Salmon (add \$4/ person)  
Roasted Tukey Breast  
Smoked Pit Ham

#### DRESSINGS CHOOSE TWO

Golden Italian Vinaigrette  
White Balsamic & Basil Vinaigrette  
Buttermilk Ranch Dressing  
Blue Cheese Dressing  
Creamy Parmesan  
French

### POWER LUNCH

Served with Rolls & Butter, Fresh Fruit

#### GRAIN CHOOSE TWO

##### SERVED HOT

Quinoa  
Israeli Couscous  
Brown Rice  
Barley

#### GREENS CHOOSE TWO

Mixed Baby Greens  
Romaine Lettuce  
Iceberg Lettuce  
Spinach  
Kale

#### TOPPINGS CHOOSE FIVE

Grape Tomatoes  
Shredded Carrots  
Cucumbers  
Roasted Brussel Sprouts  
Garbanzo Beans  
Sweet Peppers  
Yellow Squash & Zucchini  
Roasted Red & Golden Beets  
Sunflower Seeds  
Feta Cheese  
Shredded Cheddar Cheese

#### PROTEIN CHOOSE ONE

Herb & Garlic Grilled Chicken  
Cilantro Lime Seared Tofu  
Roast Sirloin of Beef (Market Price)  
Herb & Lemon Roasted Salmon (add \$4/ person)  
Roasted Tukey Breast  
Smoked Pit Ham

#### DRESSINGS CHOOSE TWO

Golden Italian Vinaigrette  
White Balsamic & Basil Vinaigrette  
Citrus Vinaigrette