

BREAKFAST PACKAGES

SPRIG BREAKFAST (SERVES 6)

Assortment of six bagels, Greek yogurt & fruit salad

ROOT BREAKFAST (SERVES 12)

Toast box, fruit salad or Greek yogurt, and coffee or hot tea

HUNGRY ROOT BREAKFAST (SERVES 12)

Assortment of twelve breakfast sandwiches, fruit salad or Greek yogurt, and coffee or hot tea

BREAKFAST SANDWICHES

(MINIMUM 6)

EGG'WICH (Vg)

Cage-free egg over easy, sharp white cheddar cheese on toasted English muffin

SPICY PEPPER EGG'WICH (Vg)

Cage-free egg over easy, roasted red peppers, sharp white cheddar cheese, arugula, sriracha, red pepper aioli, lemon vinaigrette on toasted English muffin

TO SHARE

(SERVES 6)

AVOCADO TOAST BOX (Vg)

Smashed avocado, lemon vinaigrette, toasted honey wheat

BAGEL BOX (Vg)

Assortment of six bagels with butter & cream cheese

SANDWICH PLATTERS

(SERVES 6)

Also available in **WRAPS**!

HUMMUS & ROASTED RED PEPPER (V)

Hummus, kalamata olives, cucumbers, roasted red peppers, power slaw, arugula, lemon vinaigrette on toasted ciabatta

EGG SALAD (Vg)

Hard-boiled egg, mayonnaise, cucumbers on toasted honey wheat

TUNA & FENNEL

Marinated tuna, fennel, kalamata olives, mayonnaise, arugula, lemon vinaigrette on toasted ciabatta

TURKEY & AVOCADO

Roasted turkey, bacon, balsamic onion relish, smashed avocado, mayonnaise on toasted ciabatta

CRANBERRY CHICKEN SALAD

Chicken, cranberries, celery, red onions, mayonnaise, whole cranberry sauce, arugula on toasted honey wheat

WRAP PLATTERS

(SERVES 6)

THAI CHICKEN WRAP (N)

Soy peanut marinated chicken, spicy power slaw, roasted red peppers, honey almond clusters in a flour tortilla

CHICKEN CAESAR WRAP

Chicken, garlic and herb croutons, parmesan cheese, romaine, Caesar dressing in a flour tortilla



VEGAN



CONTAINS NUTS



VEGETARIAN



GLUTEN-FREE

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

SALAD PLATTERS

(SERVES 6)

FALAFEL & CUCUMBER (V)

Falafel, tomatoes, roasted red peppers, cucumbers, red onions, mixed greens, tahini dressing

MIXED BERRY & GOAT CHEESE (Vg GF N)

Strawberries, blueberries, goat cheese, red onions, honey almond clusters, spinach, blueberry vinaigrette

TUNA & AVOCADO (GF)

Marinated tuna, fennel, smashed avocado, quinoa, arugula, lemon vinaigrette

SOUTHWEST CHICKEN (GF)

Chicken, smashed avocado, corn, roasted red peppers, red onions, tortilla crisps, mixed greens, avocado vinaigrette

THAI CHICKEN (N)

Soy peanut marinated chicken, spicy power slaw, roasted red peppers, honey almond clusters, red onions, mixed greens, spicy peanut dressing

CHICKEN CAESAR

Chicken, garlic and herb croutons, parmesan cheese, romaine, Caesar dressing

Make it a

BOXED LUNCH

Choice of sandwich, wrap, or salad with chips and a cookie

\$15.50

Add a

BEVERAGE

Choice of Coffee, Tea, Sodas or Bottled Water

SIDES

(SERVES 6)

HUMMUS & VEGGIES (V GF)

Hummus, carrots, celery

MARINATED TUNA (GF)

Marinated tuna, arugula

EGG SALAD & ROASTED RED PEPPER (Vg GF)

Hard-boiled egg, mayonnaise, roasted red peppers, arugula

FRUIT SALAD (Vg GF)

Assorted seasonal fruit

BERRY YOGURT (Vg)

Greek yogurt, blueberry puree, granola

SNACKS

CINNAMON ROLLS (Vg)

Cinnamon rolls, cream cheese glaze

CHOCOLATE CHIP COOKIES

MISS VICKIE'S CHIPS



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