

Muscle Wrap 5.99
 3 egg whites, Turkey, Mushroom, Spinach, and low fat Swiss

Energy Wrap 6.75
 3 egg whites, grilled chicken, spinach, tomato, and avocado

Power Wrap 6.75
 3 egg whites, Quinoa, spinach, turkey and avocado

Iron Man Wrap 5.99
 Two whole eggs, corned beef hash and cheese

Hot Buffet Zone pick 3
 Sm. 5.75 Med.7.25 Large 8.25
Pick 1: Baked tilapia with butter lemon sauce, , *Pulled pork*, Chicken cutlets, grilled chicken , Chili Con Carne, BBQ boneless Ribs, Italian Meat Balls, Swedish Meatballs
Pick 1 Southern Grits, White Rice, Brown Rice, Macaroni and Cheese, Quinoa, Penne Ala Vodka, Sweet potato
Pick 1: Steamed Broccoli, Sautéed Vegetables, baked sweet potato

Corned Beef & Cabbage \$ 9.95
Slow cooked Beef Brisket with Cabbage, Potato and carrots
 Served with rye or Irish soda bread
And mustard
Available Friday and Saturday

Quesadillas Zone 7.75
Build your own: pick 5
Pick 1: grilled chicken, roast beef, roast pork, pulled pork, fried shrimp
Pick 1: Mozzarella, Cheddar, Pepper Jack, American, Swiss
Pick 3: Rice, Corn, Olives, Tomato, Onions, Green Peppers, Roasted Peppers, Jalapeno, Spinach, Mushroom
Additional 1 dollar: Turkey Bacon, regular Bacon, Avocado
 Served with Sour Cream, Salsa and potato chips

Quinoa Salad 7.49
 Quinoa, Diced Apples, sliced Almonds, Craisins, red Onions, and Feta cheese served w/ Olive oil and lemon Vinaigrette.
Quinoa is King! Protein packed, Gluten free, and has all nine Amino acids

Home made Soup Zone
 >CHICKEN NOODLE
 > Cheddar Baked Potato
 > Matzo Ball
 >Italian Wedding
 Small (12 OZ) \$ 3.25 Medium(16 OZ) \$ 3.75
 Large(32 OZ) \$5.99
 * add \$ 1.00

Chickens Pot Pies 6.99
 Are back for a limited time
 Please allow extra 30 minutes for delivery or pick up
Baked to order

Corned beef Brisket Reuben 7.99
 Classic Reuben with fresh corned beef brisket , Swiss , Sauerkraut and Russian and grilled Rye

Fritos Chili Pie 5.99
 Fritos chips topped with Chili Con Carne melted zesty Cheddar cheese and diced red onions

Fish and Chips 7.75
 Fried Tilapia Fillet served with French Fries, Cole Slaw , Tarter sauce, and lemon wedges

Apple Cranberry Walnut Chicken Salad 7.49
 On a Kaiser Roll with Lettuce and Tomato

Panini Zone 7.49
 Pulled Pork and Cheddar with a Pickle and slaw on the side

Hi Honey Wrap 7.25
 Honey Glazed Turkey, Swiss cheese, lettuce, Tomato and honey mustard in Wrap

LUNCH BOX SPECIAL 7.49
 Ham and Cheese (On White, Rye, Or Wheat), Poland Spring Water, Or Home Made Iced Tea, & Potato chips

****200 Calories Ever Roast Chicken Lettuce Wrap 5.99**
3 Oz Boars Head Ever Roast chicken, 1 Oz. Roasted Peppers, 1/2 Oz. Feta cheese all wrapped in Iceberg Lettuce leaves

Tuscan Tuna Salad Wrap 7.49
 Plain Tuna tossed with Olives, diced Sweet Cherry Tomato, red Onions, Lettuce w/ Olive oil and Lemon Juice in a Tortilla Wrap

Sandwich of the day 5.75
 Grilled Cheese (white , rye, or wheat)
 20 oz. Iced Tea or Lemonade

Monte Cristo Stromboli 7.49
 Turkey, Ham, Mozzarella with side Honey mustard

Tuna melt Pita w/Tomato on a Pita 7.25