



## Vegetarian Options

### Available lunch & dinner

Fava bean hummus appetizer  
Wedge Salad-no bacon, no dressing  
Lobster Salad-no lobster  
Cesar Salad-no dressing (contains eggs)  
Caprese Salad  
Garden Salad

### Available at Lunch only

Veggie Burger (contains cheese)  
Fava bean Hummus Wrap

### Available at Dinner only

Bucatini Mediterraneo  
Shrimp Scampi-No shrimp

### Available at Breakfast only

Healthy Start

## Vegan Options

### Available lunch and dinner

Fava bean hummus wrap-no cheddar  
Garden salad with oil/vinegar  
Caprese salad-no bacon, no mozzarella

### Available at Dinner only

Bucatini Mediterraneo-no cheese  
Scampi-no butter, no shrimp  
(Dried pasta does not contain eggs)

## Salad Dressings

Ranch GF, Vegetarian

Caesar GF, (contains eggs)

Blue Cheese GF (contains eggs)

Oil/Vinegar GF, Vegan, Vegetarian

Pesto Vinaigrette GF, Vegan, Vegetarian

Ginger Wasabi GF, Vegan, Vegetarian

Balsamic Vinaigrette GF, Vegan, Vegetarian

Basil & Lemon oil GF, Vegan, Vegetarian

## Gluten Free Options

### Available lunch & dinner

☀️ **Wings**-no breading  
Hummus-no pita sub ☀️ **corn chips**  
Calamari sautéed-no breading  
Artichoke & Spinach Dip-sub ☀️ **corn chips**  
Mussels-no bread  
Tuna Poke\*-no wontons, sub ☀️ **corn chips**  
Shrimp Cocktail

Grilled Chicken Tenders

### Available at dinner only

Caribbean Chicken-no root veg  
NY Strip Entrée\*  
Blackened Ribeye\*  
Pastas with GF pasta

*Gluten free wraps are available*

*Gluten free pasta available  
(GF pasta takes longer to prepare)*

### Available at Breakfast only

All omelets-no home fries or toast  
Breakfast burrito with GF wrap  
Healthy Start-no granola  
Bacon, Ham, Sausage, eggs

**\*This item is raw or partially cooked.  
Consumption of raw or partially  
cooked foods of animal origin may  
cause food borne illness.**

☀️ **All of our foods are fried in the same  
corn & canola oil blend as foods  
containing gluten.**

**Please alert your server of any food  
allergy you may have.**

