

# Daily House Lunch Specials

## Appetizer Salads

SERVED WITH BEVERAGE

*Your Choice: 10.50*

- GK** - Romaine Lettuce, Avocado, Goat Cheese, Tomato, Turkey Bacon & Onion  
**GREEK** - Romaine Lettuce, Feta Cheese, Tomatoes, Cucumbers, Red Onion & Black Olives  
**COBB** - Mixed Greens, Avocado, Bacon, Hard Boiled Egg, Onions, Peppers & Tomato  
**GARDEN DELIGHT** - Mixed Greens, Avocado, Mushrooms, Onions, Peppers, Tomato & Alfalfa

Add Chicken 3.00 extra

## Flat Breads & Brown Rice Bowls

SERVED WITH BEVERAGE

- LEAN & MEAN** Turkey Burger with Turkey Bacon & Shredded Low Fat Mozzarella Cheese, served with Broccoli or Brown Rice . . . . .**13.95**  
**GK** Grilled Chicken, Portobello Mushrooms, Roasted Red Peppers & Low Fat Mozzarella Cheese, served with Broccoli or Brown Rice . . . . .**13.95**

- OPEN FIELDS BOWL** Grilled Chicken, Zucchini Portobello Mushrooms & Roasted Red Peppers with Balsamic Vinaigrette . . . . .**12.95**  
**TERIYAKI BOWL** Grilled Chicken, Avocado, Broccoli, Carrots & Green Peppers with Teriyaki Glaze . . . . .**12.95**

## Lunch Box

SERVED WITH SOUP OR BEVERAGE

*Your Choice: 14.75*

- ALL AMERICAN BURGER • TURKEY BURGER • VEGGIE BURGER**  
**CHICKEN TENDERS** with French Fries • **CHICKEN QUESADILLA • HASS AVOCADO CLUB**  
**CALIFORNIA COBB WRAP • CAESAR WRAP • CHICKEN PARMIGIANA PANINI**  
**TIJUANA CHICKEN SANDWICH • FRIED FILET SANDWICH • CORNED BEEF REUBEN**

## Hearty Lunch Options

SERVED WITH SOUP OR SALAD

- BEEF GOULASH** 15.95  
with Egg Noodles  
**BEEF STEW** 15.95  
with Peas & Carrots  
(Available Mondays Only)  
**PENNE ALA VODKA** 15.95  
with Chicken in a Pink Vodka Sauce  
**SPINACH PIE** 14.95  
served with Greek Salad  
**GYRO PLATTER** 13.95  
(Choice of Beef or Chicken)  
served with Greek Salad & French Fries

- LEMON CHICKEN** 15.95  
in Lemon Sauce, served with Steamed Broccoli or Brown Rice  
**POWER PASTA** 15.95  
Whole Wheat Penne with Grilled Chicken, Roasted Red Peppers, Garlic & Olive Oil  
**CHICKEN PARMIGIANA** 15.95  
with Penne  
**BROILED SALMON FILET** 17.95  
with Lemon over a Mesclun Mixed Green Salad  
**BROILED SCROD** 16.95  
in Lemon Butter Sauce,  
served with Steamed Broccoli or Brown Rice

**SOUP & SANDWICH** \$10.95  
Choice of Chicken Salad,  
Tuna Salad or B.L.T.

**MEXICAN BURRITO** \$13.95  
Egg Whites, Avocado, Turkey Bacon  
& Jalapeños on a Whole Wheat Tortilla,  
served with Home Fries

**ENERGY BREAKFAST** \$14.95  
Egg Whites, Grilled Chicken,  
Mushrooms, Tomatoes & Spinach,  
served with Beverage