

SPIRIT LUNCH MENU

ORGANIC MIXED FIELD GREENS

Grape Tomatoes | Cucumbers | Carrots | Corn | Feta Cheese | Black Olives | Kidney Beans | Sunflower Seeds
Herb Croutons | House-Made Ranch and Balsamic Vinaigrette | Low Fat Italian

ORGANIC SPINACH AND KALE SALAD

Parmesan Cheese | Peppers | Red Onions | Roast Garlic Lemon Dressing

MEDITERRANEAN COUSCOUS AND CHICKPEA SALAD

Green Onions | Cumin-Paprika Vinaigrette

ROAST SALMON & TILAPIA

Garlic Parsley Crust | Tomatoes | Shallots | Capers

CHICKEN PARMESAN MEATBALLS

Tomatoes | Thyme | Oregano

BAKED ZITI

Cream Spinach Sauce | Parmesan Cheese

ROAST BROCCOLI

Olive Oil | Garlic | Chili Flakes

DESSERTS

Mini Pastries | Cookies | Brownies | Seasonal Fruit



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