



LUNCH SELECTIONS

EGGS

FRESH VEGETABLE FRITTATA with PANCETTA and BALSAMIC VINEGARETTE served with multigrain/sourdough bread

SALADS

DILLED ORZO SALAD with GARBANZO BEANS

SPINACH & MUSROOM PASTA SALAD with fresh DILL & chopped EGGS

BARLEY & BLACK BEAN SALAD served with fresh avocado slices & tomato wedges

WILD RICE & SMOKED TURKEY SALAD

Salads served with either toasted pita wedges, seasoned French bread or multigrain rolls.

BREAD BOWL

Served with the following choices of homemade;

CREAMY FISH, OYSTER or CLAM CHOWDER, or

GAZPACHO, and

Salad of MIXED GREENS, sautéed RED PEPPER, GREEK OLIVE, & MOZZARELLA

SANDWICHES, WRAPS or TART

ASPARAGUS on CROUTON surrounded with fresh sliced tomato

AVOCADO, GOAT CHEESE and SMOKED TURKEY BLT

PAN BAGNATS with MARINATED VEGETABLES with or without anchovies

TOMATO "SANDWICH" layered with either blue cheese or crabmeat served on a bed of baby spinach leaves

CLASSIC New England LOBSTER ROLL

MEXICAN WRAP of refried beans, salsa, sour cream, lettuce and tomato

VEGETARIAN WRAP of hummus and/or taboule, sprouts, tomato, cucumber and red onion

ROASTED BEEF or SMOKED TURKEY with or without TARRAGON AIOLI

TOMATO TART topped with a dollop of GARDEN PESTO

served with WILTED LETTUCE SALAD with radishes, green onion and warm bacon dressing

Unless stated otherwise, the above are served with natural POTATO or TORILLA CHIPS