
MORNING SNACK

Mini Bagel

Assorted variety, gluten free bagels available

Hummus & Cream Cheese Spreads

Dairy-free and gluten-free options available

Mini Frittata

Gluten-free, served room temperature

LUNCH

Assorted Wraps

Chicken Salad

Light mayo

Tuna Salad

Light mayo

Veggie Club Wrap

Sundried tomato pesto, arugula, fresh vegetables, avocado

Tex Mex Quinoa Wrap

Peppers, black beans, cilantro and feta

Thai Hoisin Tofu Wrap

Grilled tofu, hoisin glaze, julienned bell peppers, arugula and noodles

Smoked Salmon Wrap

Caper dill cream cheese, capers, red onion and avocado

SALADS

Red and White Quinoa Salad

Quinoa, corn, spinach, red onion, cherry tomato, lemon vinaigrette

Mixed Green Salad

Mixed greens, sunflower seeds, tear drop tomatoes, red peppers, cucumber
(with a variety of dressings)

Mediterranean Roasted Vegetable Medley

Bell peppers, zucchini, eggplant and various seasonal vegetables.

Three Bean, Avocado and Charred Corn

Chickpeas, black beans, green beans, avocado and lime dressing

AFTERNOON SNACK

Hummus and Grilled Pita Platter

Fresh Cut Vegetables and Tzatziki