



DAILY BREAKFAST & LUNCH MENU

BREAKFAST

BAGEL BOX - \$9.95

Plain bagel with cream cheese, locally sourced apple slices, two hard boiled eggs and orange juice - includes silverware, condiments and napkin.

YOGURT PARFAIT BOX- \$9.95

Wild blueberry yogurt parfait and granola cup, locally sourced apple slices, two hard boiled eggs and orange juice - includes silverware, condiments and napkin.

BAKERY BOX - \$9.95

Fresh muffin, cheese square, locally sourced apple slices and orange juice - includes silverware, condiments and napkin.

BREAKFAST BURRITOS BOX - \$10.95

Signature breakfast style burritos with all-natural cheese, nitrate-free meats & real scrambled eggs wrapped in home-style tortillas available in two varieties: BACON, EGG & CHEESE or VEGGIE SAUSAGE & POTATO - served with Tapatio Hot Sauce, apple slices and orange juice - includes silverware and napkin.

BREAKFAST SANDWICH BOX - \$10.95

Breakfast sandwiches with all-natural sharp cheddar, real butter, nitrate-free meats and real whole egg on home-style English muffins in three varieties: HAM, SAUSAGE and BACON. All sandwiches served foil wrapped with Tapatio hot sauce, mayonnaise and ketchup packets - includes silverware and napkin.

LUNCH

SALADS

BAG LUNCH includes chips and a cookie / **BOX LUNCH** includes chips, apple, water and a cookie

COBB SALAD - \$12.49 ala carte / \$14.95 bag lunch / \$16.95 box lunch

All-natural chicken breast, crispy bacon, blue cheese, hard-boiled egg, and grape tomatoes on fresh romaine. Served with house made Ranch dressing. GLUTEN-FREE

BBQ CHICKEN CHOPPED SALAD - \$12.49 ala carte / \$14.95 bag lunch / \$16.95 box lunch

All-natural chicken breast, tangy BBQ sauce, black bean and corn salsa, cheddar jack cheese topped with crunchy tortilla strips on fresh romaine. Served with house made Ranch dressing.

HARVEST SALAD - \$10.95 ala carte / \$12.95 bag lunch / \$14.95 box lunch

Washington apple, blue cheese, grapes, walnuts, and cranberries on spring mix with honey lemon dressing. VEGETARIAN / GLUTEN-FREE

TUSCAN CHICKEN CAESAR SALAD - \$12.49 ala carte / \$14.95 bag lunch / \$16.95 box lunch

All-natural chicken breast with basil pesto, shaved parmesan, tomato and croutons with Caesar dressing on romaine.

FARMER'S DELIGHT VEGAN SALAD - \$10.95 ala carte / \$12.95 bag lunch / \$14.95 box lunch

Romaine and spinach greens, cucumber, cherry tomato, edamame, shredded carrots, red bell pepper, artichoke hearts, radishes with Balsamic Dressing.



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SANDWICHES

BAG LUNCH includes chips and a cookie / **BOX LUNCH** includes chips, apple, water and a cookie

CHICKEN AVOCADO RANCH SANDWICH - \$11.99 ala carte / \$13.99 bag lunch / \$15.99 box lunch

All-natural chicken breast with tomato, avocado, lettuce leaves and ranch dressing on ciabatta.

TURKEY CLUB SANDWICH - \$12.49 ala carte / \$14.95 bag lunch / \$16.95 box lunch

All-natural turkey breast, nitrate-free bacon, lettuce, tomato slices and aioli on nine grain bread.

BLT SANDWICH - \$12.49 ala carte / \$14.95 bag lunch / \$16.95 box lunch Our special nitrate-free bacon, crisp lettuce, fresh tomato and aioli on nine grain bread.

TUNA MELT SANDWICH - \$12.49 ala carte / \$14.95 bag lunch / \$16.95 box lunch

House-made tuna salad with dolphin safe tuna, celery, onion, cheddar and mayo on sourdough on nine grain bread.

HAM & SWEET MUSTARD SANDWICH - \$12.49 ala carte / \$14.95 bag lunch / \$16.95 box lunch

All-natural ham, sharp cheddar, lettuce and tomato with honey mustard on sourdough bread.

VEGETARIAN CAPRESE SANDWICH - \$11.49 ala carte / \$13.49 bag lunch / \$15.49 box lunch

Sliced fresh mozzarella, tomato slices, fresh basil leaves, pesto and balsamic on focaccia.

WRAPS

BAG LUNCH includes chips and a cookie / **BOX LUNCH** includes chips, apple, water and a cookie

CHICKEN CAESAR WRAP - \$11.99 ala carte / \$13.99 bag lunch / \$15.99 box lunch

Roasted chicken, romaine, parmesan cheese and Caesar dressing in a flour tortilla wrap.

TURKEY CRANBERRY WRAP - \$11.99 ala carte / \$13.99 bag lunch / \$15.99 box lunch

Spinach greens, nitrate-free turkey, crisp cucumber, light cream cheese and dried cranberries in a whole wheat tortilla.

CHIPOTLE CHICKEN AVOCADO WRAP - \$12.49 ala carte / \$14.95 bag lunch / \$16.95 box lunch

All-natural roasted chicken breast with avocado, pepperjack cheese, nitrate-free bacon, lettuce and spicy chipotle sauce in a flour tortilla.

VEGAN THAI VEGGIE WRAP - \$11.49 ala carte / \$13.49 bag lunch / \$15.49 box lunch

Red cabbage, edamame, carrot, radish, greens and peanut sauce in a spinach tortilla

SOUP COMBOS

BAG LUNCH includes chips and a cookie - \$14.95

BOX LUNCH includes chips, apple, water and a cookie - \$16.95

ALA CARTE - \$12.95

DAILY SOUP CHOICES

Tomato

Chicken Tortilla

Chicken Noodle

Veggie Chili

COMBO OPTIONS SERVED WITH:

Farmers Delight Vegan Side Salad OR Half Sandwich



DAILY FEATURES MENU In addition to our core menu-Daily Features July 2020

MONDAY

BREAKFAST

***BOX** includes apple slices and orange juice*

BREAKFAST SANDWICH / Ham, Egg & Cheese on an English Muffin - \$8.95 *ala carte* / \$10.95 *box*

BREAKFAST BURRITO / Beach Body Scramble in a home-style tortilla - \$8.95 *ala carte* / \$10.95 *box*

BREAKFAST PLATE / Beach Body Scramble - \$10.95 *ala carte* / \$12.95 *Box*

LUNCH

***BAG LUNCH** includes chips and a cookie / **BOX LUNCH** includes chips, apple, water and a cookie*

LUNCH SALAD / BBQ Chicken Chop Salad - \$12.49 *ala carte* / \$14.49 *bag* / \$16.95 *box*

LUNCH SANDWICH / Turkey Club Sandwich - \$12.49 *ala carte* / \$14.49 *bag* / \$16.49 *box*

LUNCH WRAP / Chipotle Chicken Avocado Wrap - \$12.49 *ala carte* / \$14.49 *bag* / \$16.49 *box*

SOUP SPECIAL / Vegetarian Chili & Farmers Delight Salad - \$12.95 *ala carte* / \$14.95 *bag* / \$16.95 *box*

LUNCH HOT PLATE / Garlic & Herb Roasted Chicken Hot Entree - \$18.95

TUESDAY

BREAKFAST

***BOX** includes apple slices and orange juice*

BREAKFAST SANDWICH / Egg & Cheese on an English Muffin - \$8.95 *ala carte* / \$10.95 *box*

BREAKFAST BURRITO / Just Cheese & Egg in a home-style tortilla - \$8.95 *ala carte* / \$10.95 *box*

BREAKFAST PLATE / Fitcore Breakfast Plate - \$10.95 *ala carte* / \$12.95 *Box*

LUNCH

***BAG LUNCH** includes chips and a cookie / **BOX LUNCH** includes chips, apple, water and a cookie*

LUNCH SALAD / Chicken Fajita Salad - \$12.49 *ala carte* / \$14.49 *bag* / \$16.49 *box*

LUNCH SANDWICH / Chicken Avocado Ranch Sandwich - \$12.49 *ala carte* / \$14.49 *bag* / \$16.49 *box*

LUNCH WRAP / Greek Steak Wrap - \$12.49 *ala carte* / \$14.49 *bag* / \$16.49 *box*

SOUP SPECIAL / Mexican Meatball Soup & Farmers Delight Salad - \$12.95 *ala carte* / \$14.95 *bag* / \$16.95 *box*

LUNCH HOT PLATE / Carnitas with Cilantro Lime Rice & Seasoned Black Beans - \$18.95



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WEDNESDAY

BREAKFAST

BOX includes apple slices and orange juice

BREAKFAST SANDWICH / Bacon, Egg & Cheese on an English Muffin - \$8.95 *ala carte* / \$10.95 *box*

BREAKFAST BURRITO / Bacon, Egg & Cheese in a home-style tortilla - \$8.95 *ala carte* / \$10.95 *box*

BREAKFAST PLATE / Mexi-Scramble Breakfast Plate - \$10.95 *ala carte* / \$12.95 *Box*

LUNCH

BAG LUNCH includes chips and a cookie / **BOX LUNCH** includes chips, apple, water and a cookie

LUNCH SALAD / Cobb Salad - \$12.49 *ala carte* / \$14.49 *bag* / \$16.49 *box*

LUNCH SANDWICH / Ham & Cheese with Honey Mustard Sandwich - \$12.49 *ala carte* / \$14.49 *bag* / \$16.49 *box*

LUNCH WRAP / Thai Veggie Wrap - \$11.49 *ala carte* / \$13.49 *bag* / \$15.49 *box* VEGAN

SOUP SPECIAL / Sweet Potato, Kale & Chicken Soup with Farmers Delight Salad - \$12.95 *ala carte* / \$14.95 *bag* / \$16.95 *box*

LUNCH HOT PLATE / Brisket with Garlic Mashed Potatoes - \$18.95

THURSDAY

BREAKFAST

BOX includes apple slices and orange juice

BREAKFAST SANDWICH / Bacon, Egg & Cheese on a Croissant - \$8.95 *ala carte* / \$10.95 *box*

BREAKFAST BURRITO / Fajita & Egg in a home-style tortilla - \$8.95 *ala carte* / \$10.95 *box*

BREAKFAST PLATE / Shak Shouka Breakfast Plate - \$10.95 *ala carte* / \$12.95 *Box*

LUNCH

BAG LUNCH includes chips and a cookie / **BOX LUNCH** includes chips, apple, water and a cookie

LUNCH SALAD / Walla Walla Chop Salad - \$12.49 *ala carte* / \$14.49 *bag* / \$16.49 *box*

LUNCH SANDWICH / Roasted Veggie & Hummus Sandwich - \$11.49 *ala carte* / \$13.49 *bag* / \$15.49 *box* VEGAN

LUNCH WRAP / Turkey Cranberry Wrap - \$11.99 *ala carte* / \$13.99 *bag* / \$15.99 *box*

SOUP SPECIAL / Creamy Chicken & Wild Rice Soup with Farmers Delight Salad - \$12.95 *ala carte* / \$14.95 *bag* / \$16.95 *box*

LUNCH HOT PLATE / Genera Tso's Chicken - \$18.95



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FRIDAY

BREAKFAST

BOX includes apple slices and orange juice

BREAKFAST SANDWICH / Ham, Egg & Cheese on a Bagel - \$8.95 *ala carte* / \$10.95 *box*

BREAKFAST BURRITO / Potato, Egg & Cheese in a home-style tortilla - \$8.95 *ala carte* / \$10.95 *box*

BREAKFAST PLATE / Breakfast Frittata Plate - \$10.95 *ala carte* / \$12.95 *Box*

LUNCH

BAG LUNCH includes chips and a cookie / BOX LUNCH includes chips, apple, water and a cookie

LUNCH SALAD / Harvest Salad - \$10.95 *ala carte* / \$12.95 *bag* / \$14.95 *box*

LUNCH SANDWICH / BLT Sandwich - \$12.49 *ala carte* / \$14.49 *bag* / \$16.49 *box*

LUNCH WRAP / Chicken Caesar Wrap - \$11.99 *ala carte* / \$13.99 *bag* / \$15.99 *box*

SOUP SPECIAL / Loaded Potato Soup with Farmers Delight Salad - \$12.95 *ala carte* / \$14.95 *bag* / \$16.95 *box*

LUNCH HOT PLATE / BBQ Pulled Pork Mac & Cheese - \$18.95