

## Red Quinoa & Arugula

Cucumber, Corn, Red Bell Peppers, Herbs, Queso Fresco and Lemon Vinaigrette G F V

## Blackened Ahi Tuna Salad

Ahi Tuna Seared Rare, Mixed Field Greens, Artichoke Hearts, Carrots, Green Beans, Almonds and Red Bell Peppers tossed in an Asian Style Vinaigrette

## Cobb Wrap & Soup of the Day

Our signature Cobb salad wrapped in a Whole Wheat Tortilla with Bleu Cheese Aioli served with a cup of House Made Soup

## Pan-Crisp Jidori Chicken

All Natural Chicken Breast with Dried Fruits, Olives and Almonds, served with Grilled Asparagus and Sautéed Quinoa

## White Bean Chicken Chili

Pecan Smoked Organic Chicken, Roasted Poblanos, Queso Fresco, and Cilantro with Jasmine Rice

## Grilled Herb Chicken

Brown Rice with Toasted Almonds, Grilled Vegetables and a Balsamic Glaze G F

## Simply Grilled Trout

Sustainable Idaho Trout with Grilled Asparagus

## Chicken Marsala

Tender Medallions of Chicken, Sautéed Mushroom Marsala Sauce with Angel Hair Pasta

## Grilled Vegetable Plate

A medley of Grilled Vegetables, Fresh Steamed Spinach, Broccoli, Grilled Asparagus, Sliced Tomato and Herb Brown Rice G F V

