



# Salads

**Table One Avocado Salad** 11.99

Avocado, tomato & orange supremes tossed in a light vinaigrette and topped w/ crumbled feta cheese and dried cranberries

**Beet & Goat Cheese Salad** 11.99

Roasted Beets w/ Orange Slices, Goat Cheese & Candied Pecans tossed in a House Vinaigrette

**Watermelon & Feta Salad** 10.99

Watermelon Chunks, Feta Cheese, Candied Pecans and Red Peppers served on a bed of Arugula with Honey Sriracha Vinaigrette

**Cobb Salad** 12.99

Turkey, avocado, tomato, hard boiled egg, bacon & cheddar cheese served over crisp lettuce w/ choice of dressing

**Super Salad** 12.99

Mixed greens w/ avocado, beets, roasted sweet potato, garbanzo beans, hard boiled egg and pickled vegetables.

**Spinach Salad** 10.99

Babby spinach topped w/ hard boiled egg, bacon, ripe tomato & orange slices. Served w/ lemon vinaigrette.

**Grilled Chicken Caesar Salad** 12.99

Marinated Grilled Chicken Romaine Lettuce & House Croutons, tossed in Caesar Dressing and Pecorino Romano

**Add Chicken.....\$2.00 ....Blackened \$2.50**

**Add Shrimp.....\$3.00 ....Blackened \$3.50**

# Bowls

**Chicken & Black Beans** 11.99

A Stew of grilled chicken, black beans, corn, red pepper and onions served on a bed of white rice.

**Korean Beef** 12.99

Grilled steak with peppers and onions. Served with white rice.

**Grilled Veggies & Rice** 11.99

Grilled Vegetables served plain or with Asian BBQ Sauce with white rice.

**Korean Chicken** 12.99

Grilled Chicken with Peppers and Onions. Served with White Rice.

## Plant Based Sandwiches

**Grilled Veggie Wrap** 10.99

Grilled Veggies with goat cheese and balsamic reduction. Served on a soft wrap

**Vegetarian Reuben** 11.99

Grilled Rye, with Swiss Cheese, Sauerkraut, Thousand Island Dressing and Grilled Eggplant

## Under 500 Calorie Menu

**BLT w/ Soup** 9.99

444 Calories

**Turkey BLT on Hawaiian Roll** 9.99

435 Calories

**Turkey Sandwich with Soup** 9.99

466 Calories

**Grilled Chicken w/ Soup** 9.99

451 Calories

**Shrimp Salad Wrap w Soup** 10.99

483 Calories

**Hummus & Soup** 9.99

395 Calories