

# DESIGN YOUR OWN LUNCHEON

PICK YOUR ENTREE + 2 SIDES

## ENTREES - CHICKEN

### HERB ROASTED

FRESH CHICKEN BREAST BAKED WITH ROSEMARY, THYME, AND GARLIC TOPPED WITH CHIVE BUERRE BLANC  
(GLUTEN FREE - NUT FREE)  
DAIRY FREE W/ SAUCE ON SIDE

\$20.00

### CAPRI

CHICKEN BREAST SERVED IN OUR DIJON BEURRE BLANC SAUCE, TOPPED WITH ARTICHOKE HEARTS, BUTTON MUSHROOMS, SUN-DRIED TOMATOES, AND CAPERS  
(GLUTEN FREE - NUT FREE)

\$22.00

### CAPRESE

PAN SEARED CHICKEN BREAST SIMMERED IN BALSAMIC VINEGAR, GARLIC, AND GRAPE TOMATOES, FINISHED WITH FRESH MOZZARELLA AND BASIL  
(DAIRY FREE - GLUTEN FREE - NUT FREE)

\$20.00

### CHICKEN PARMESAN

HAND-COATED WITH GRATED PARMESAN, ITALIAN BREADCRUMBS BAKED IN HOUSE MARINARA & TOPPED WITH MELTED MOZZARELLA  
(NUT FREE)

\$22.00

### STIR-FRY

STRIPS OF TENDER CHICKEN BREAST AND FRESH CUT ASIAN VEGETABLES, STIR FRIED IN OUR KALBI SAUCE  
(DAIRY FREE - GLUTEN FREE - NUT FREE)

\$20.00

### TERIYAKI

TENDER STRIPS OF CHICKEN BREAST MARINATED IN OUR TERIYAKI SAUCE, GARNISHED WITH GREEN ONIONS & SESAME SEEDS  
(DIARY FREE - GLUTEN FREE - NUT FEE)

\$20.00

### HONEY-STUNG FRIED CHICKEN

SERVED WITH OUR CHIPOTLE MAYO & SWEET AND TANGY BARBEQUE SAUCE  
(NUT FREE)

\$20.00

### PROSCIUTTO STUFFED CHICKEN

STUFFED WITH PROSCIUTTO & GRUYERRE  
(GLUTEN FREE - NUT FREE - CONTAINS PORK)

\$25.00

### MEXICAN STUFFED

STUFFED WITH BACON, JACK CHEESE, CILANTO, CHIPOTLE PASTE TOPPED WITH CUMIN-LIME SAUCE  
(GLUTEN FREE - NUT FREE)

\$24.00

### PNW STUFFED CHICKEN

STUFFED CARAMELIZED GREEN APPLE, TOASTED WALNUTS & WHITE CHEDDAR  
SERVED WITH ROASTED BELL PEPPER BUERRE BLANC  
(GLUTEN FREE - CONTAINS NUTS)

\$24.00

### MARSALA

TENDER CHICKEN BREAST, SERVED IN OUR CREAMY MARASALA WINE SAUCE  
(GLUTEN FREE - NUT FREE)

\$20.00

### CHICKEN PICCATA

DREDGED IN LEMON-PEPPER, PAN SEARED IN FRESH LEMON-CAPER-WHITE WINE SAUCE  
(NUT FREE)

\$21.00

### CILANTRO-LIME

MARINATED IN OUR CILANTRO-LIME SAUCE AND GRILLED OVER AN OPEN FLAME  
(DAIRY FREE - GLUTEN FREE - NUT FREE)

\$18.00

### CHIMICHURRI

CHICKEN THIGHS GRILLED OVER AN OPEN FLAME AND TOPPED WITH FRESH GREEN ARGENTINIAN CHIMICHURRI SAUCE  
(DAIRY FREE - GLUTEN FREE - CONTAINS NUTS)

\$19.00

### THAI

MIX OF BRAISED BONE-IN CHICKEN BREAST, THIGHS, AND LEGS. TOSSED IN OUR SWEET & SPICY THAI GLAZE. SERVED WITH PICKLED CARROTS & CUCUMBERS  
(DIARY FREE - GLUTEN FREE - NUT FREE)

\$21.00

### BAKED SESAME

TENDER CHUNKS OF ALL-WHITE CHICKEN BREAST SAUTEED WITH OUR HONEY-SESAME SAUCE FINISHED WITH SESAME SEEDS AND GREEN ONIONS  
(DAIRY FREE - GLUTEN FREE - NUT FREE)

\$18.00

### TANDOORI SPICED

MIX OF BONE-IN CHICKEN BREAST, THIGHS, AND LEGS. MARINATED & PAN FRIED IN OUR SPICED SAFFRON GLAZE  
(DAIRY FREE - GLUTEN FREE - NUT FREE)

\$20.00



## DUEL ENTREE'S

## AVAILABLE UPON REQUEST

INCLUDES 4OZ OF EACH PROTEIN  
PER GUEST

\$4.95

# DYO MENU

PICK YOUR ENTREE + 2 SIDES

DUEL ENTREE IS AVAILABLE UPON REQUEST

## ENTREES - BEEF

**MARINATED FLANK STEAK - 3 DAY** \$26.00

### MINIMUM NOTICE

TENDER FLANK STEAK, SEASONED, MARINATED, GRILLED TO PERFECTION, AND SERVED OVER A MEDLEY OF PEPPERS AND ONIONS  
(GLUTEN FREE - DAIRY FREE - NUT FREE)

**BEEF BOURGUIGNON** \$24.00

CUBES OF TENDER TOP SIRLOIN SIMMERED WITH BURGUNDY WINE, ONIONS, CARROTS, CELERY, AND FRESH HERBS  
(GLUTEN FREE - DAIRY FREE - NUT FREE)

**NEW YORK** \$28.00

SEARED OVER OPEN FLAME, TOPPED WITH DEMI GLAZE AND BLUE CHEESE CRUMBLES  
(GLUTEN FREE - NUT FREE)

**COMPOUND NEW YORK** \$28.00

SEARED OVER OPEN FLAME, TOPPED WITH HERBED COMPOUND BUTTER  
(GLUTEN FREE - NUT FREE)

**BRAISED SHORT RIBS - HOISIN** \$26.00

BEEF SHORT RIBS SEARED TO PERFECTION AND FINISHED IN THE OVEN UNTIL TENDER, GLAZED IN OUR HOISIN SAUCE  
(DAIRY FREE)

**BRAISED SHORT RIBS - RED WINE** \$26.00

BEEF SHORT RIBS SEARED TO PERFECTION AND FINISHED IN THE OVEN UNTIL TENDER  
(GLUTEN FREE - DAIRY FREE - NUT FREE)

**KOREAN BBQ SHORT RIBS** \$26.00

BEEF SHORT RIBS MARINATED IN KALBI SAUCE, GRILLED OVER AN OPEN FLAME, AND FINISHED IN THE OVEN UNTIL PERFECTLY TENDER, TOPPED WITH A DASH OF GREEN ONIONS  
(GLUTEN FREE - DAIRY FREE)

**MIGNON TIPS** \$36.00

DRIZZLED WITH A BANANA TARRAGON SAUCE  
(GLUTEN FREE - NUT FREE)

**DADS MEATLOAF** \$20.00

(NUT FREE - CONTAINS PORK)

**RAVIOLI BOLOGNESE** \$22.00

(NUT FREE)

**HONEY CHIPOTLE FLAME GRILLED** \$25.00

TOPPED WITH PEPPER TOASTED CORN RELISH  
(GLUTEN FREE - DAIRY FREE - NUT FREE)

## ENTREES - SEAFOOD

**NW CHARDONNAY SEARED SALMON** \$25.00

TOPPED WITH A CHIVE BEURRE BLANC SAUCE  
SERVED WITH SEASONAL TROPICAL FRUIT SALSA  
(dairy free upon request, gluten free)

**BLACKENED COD** \$22.00

LIGHTLY BREADED w/ ROASTED BELL PEPPERS, FRENCH ONIONS & PARSLEY  
SEARED WITH BUTTER AND ROASTED GARLIC  
SERVED ON TOP OF

**MARGHARITA SHRIMP ROCK TACOS** \$25.00

TOPPED WITH RED CABBAGE SLAW, COTIJA CHEESE, RED ONION, CILANTRO,  
IN CORN TORTILLA, AND GARLIC-LIME CREMA SAUCE  
(gluten free)

**CARIBBEAN SHRIMP SKEWER** \$22.00

KEBOBS SKEWERED WITH SHRIMP AND MANGO  
TOPPED WITH OUR HABANERO GLAZE  
(gluten free)

**MARGHARITA SHRIMP ROCK TACOS** \$22.00

TOPPED WITH RED CABBAGE SLAW, COTIJA CHEESE, RED ONION, CILANTRO,  
IN CORN TORTILLA, AND GARLIC-LIME CREMA SAUCE  
(gluten free)



## ENTREES - LAMB/ PORK

**LAMB FRY** \$26.00

TENDER CUBES OF LEG OF LAMB, SAUTEED WITH ONIONS, GARLIC, GINGER AND CHILIES  
(gluten free)

**GARLIC CRUSTED PORK LOIN** \$24.00

PORK LOIN RUBBED WITH ITALIAN SEASONINGS AND BRAISED IN OUR BUTTER GARLIC SAUCE  
(gluten free)

**THICK SLICED PORK CHOP** \$26.00

SERVED WITH APPLE RELISH  
(gluten free)



# DYO MENU

PICK YOUR ENTREE + 2 SIDES

## ENTREES - VEGETARIAN/ VEGAN

ORDER AS PART OF HEADCOUNT OR ASK ABOUT A LA CARTE FOR "JUST IN CASE"

### EGGPLANT PARMESAN

EGGPLANT HAND-BREADED AND PAN-FRIED, TOPPED WITH MELTED MOZZARELLA CHEESE, AND SERVED ON A BED OF OUR MARINARA SAUCE (VEGETARIAN)

\$20.00

### EGGPLANT ROULADE

ROLLED WITH ROASTED PEPPERS, MARTINATED ARTICHOKE, FRESH BASIL AND RICOTTA CHEESE (VEGETARIAN - GLUTEN FREE - NUT FREE)

\$22.00

### PESTO-ALFREDO TORTELLINI

DELICATE PASTA PILLOWS FILLED WITH ITALIAN CHEESES AND TOPPED WITH OUR PESTO-ALFREDO SAUCE

\$20.00

### VEGETABLE LASAGNA

PASTA LAYERED WITH RICOTTA AND MOZZARELLA CHEESE, AND HOMEMADE TOMATO SAUCE (VEGETARIAN - NUT FREE)

\$22.00

### ROASTED BEET RISOTTO

(VEGETARIAN - GLUTEN FREE - NUT FREE)

\$23.00

### CAPRI PENNE

PENNE PASTA TOSSED WITH SUN-DRIED TOMATOES, SAUTEED MUSHROOMS, CAPERS, FRESH HERBS AND BUTTER WINE SAUCE ((VEGETARIAN - NUT FREE)

\$22.00

### GOAT CHEESE & SPINACH RAVIOLI

DELICATE PASTA PILLOWS FILLED WITH SEASONED GOAT CHEESE AND FRESH SPINACH, TOSSED IN OUR HOUSE MADE PARMESAN CREAM SAUCE WITH DICED MUSHROOMS (VEGETARIAN - NUT FREE)

\$23.00

### BUTTERNUT SQUASH & MUSHROOM CURRY

(VEGAN - GLUTEN FREE - NUT FREE)

\$20.00

### SEASONAL POLENTA STACK

HERB ROASTED POLENTA CAKE, TOPPED WITH SEASONALLY ROASTED PUREE, BRAISED GREENS, GARLIC EMULSION & KRACKLIN HERBS (VEGAN - GLUTEN FREE - NUT FREE)

\$22.00

### STUFFED POBLANO

STUFFED WITH OUR CILANTRO-LIME RICE AND BLACK BEANS, TOPPED WITH OUR MEXICAN-STYLE FOUR CHEESE BLEND (VEGETARIAN - GLUTEN FREE - NUT FREE)

\$22.00

### SWEET POTATO FRITTERS

GRATED SWEET POTATO WITH ONIONS, BELL PEPPERS, AND CHILI FLAKES, HAND PRESSED INTO CAKES AND PAN FRIED UNTIL PERFECTLY GOLDEN

\$22.00

### SPINACH & CHEESE CAKES

BABY SPINACH, RICOTTA AND PARMESAN CHEESES HANDMADE INTO CAKES, SERVED OVER MARINARA SAUCE

\$22.00

### STUFFED BELL PEPPERS

STUFFED WITH QUINOA, ROASTED TOMATOES, AND PARMESAN CHEESE SEASONAL STUFFED SQUASH

\$21.00



## MEAT SUBSTITUTES

### PEA BASED CHICKEN SUBSTITUTE IMPOSSIBLE BEEF

### HERBED POLENTA STACK

HERBED POLENTA CAKE TOPPED WITH SEASONAL ROASTED PUREE, BRAISED GREENS, GARLIC EMULSION AND KRACKLIN HERBS (vegan, gluten free, nut free)

\$20.00

### STUFFED BELL PEPPERS

CILANTRO LIME RICE WITH BEANS & TOFU (vegan, gluten free)

\$18.00

### HERBED "CHICKEN"

TOPPED WITH SMOKED RED PEPPER COULIS (vegan)

\$23.00

### SALSBURY "STEAK"

IMPOSSIBLE BEEF STEAK TOPPED WITH GRILLED ONIONS & MUSHROOMS GRAVY (vegan, gluten free)

\$22.00

### "SAUSAGE" LASAGNA

THICK LAYERS OF PASTA & RICOTTA WITH SAUTEED VEGETABLES & IMPOSSIBLE SAUSAGE (vegetarian)

\$22.00



# SIDES

## SALADS - GREEN

### NW SEASONAL GREENS

MIXED GREENS, TOMATOES, CUCUMBERS, RED ONIONS, AND CANDIED PECANS SERVED WITH CHEF IAN'S FAMOUS BALSAMIC VINAIGRETTE AND VEGAN VINAIGRETTE DRESSINGS  
(VEGAN - GLUTEN FREE - CONTAINS NUTS)

\$5.00

### SUPERFOOD

GREENS, QUINOA, NUTS & BERRIES WITH EDAMAME SERVED WITH A VEGAN VINAIGRETTE  
(VEGAN - GLUTEN FREE - CONTAINS NUTS)

\$6.00

### ASIAN

SPRING MIX TOSSED WITH ASIAN VEGETABLES, CRUNCHY CHOW MEIN NOODLES, TOASTED ALMONDS, SESAME VINAIGRETTE  
(VEGETARIAN - DAIRY FREE - GLUTEN FREE - CONTAINS NUTS)

\$5.00

### SPINACH

BABY SPINACH LEAVES, CANDIED PECANS, RED ONIONS, TOMATOES, SATSUMA ORANGES, AND FETA CHEESE, SERVED WITH OUR CITRUS VINAIGRETTE  
(VEGETARIAN - GLUTEN FREE - NUT FREE)

\$5.00

### ITALIAN CHOP

ICEBERG LETTUCE WITH CHUNKS OF SALAMI, RED ONIONS, TOMATOES, PEPPERONCINI'S, AND OLIVES, TOSSED IN OUR ITALIAN HERB VINAIGRETTE, TOPPED WITH PARMESAN CHEESE AND CROUTONS  
(NUT FREE)

\$6.00

### TRADITIONAL CAESAR

CRISPY ROMAINE HEARTS TOSSED WITH FRESH PARMESAN CHEESE, GRAPE TOMATOES, AND GARLIC CROUTONS, DRESSED IN OUR TRADITIONAL CAESAR DRESSING  
(NUT FREE)

\$5.00

### GREEK

CRISPY ROMAINE HEARTS, CHOPPED TOMATOES, CUCUMBERS, ONIONS, AND KALAMATA OLIVES, DRESSED IN OUR RED WINE VINAIGRETTE, AND TOPPED WITH FETA CHEESE  
(VEGETARIAN - GLUTEN FREE - NUT FREE)

\$5.50

### ROASTED BEET & FENNEL

ROMAINE LETTUCE WITH FENNEL HEARTS, ROASTED BEETS, ARUGULA, GREEN ONIONS, WITH SAVORY ROASTED WALNUTS AND A CITRUS TARRAGON VINAIGRETTE  
(DAIRY FREE - GLUTEN FREE - CONTAINS NUTS)

\$5.00

### PEAR & POMEGRANATE

BABY SPINACH LEAVES, DRIED CHERRIES, GREEN ONIONS, SLICED PEAR, AND POM SEEDS, SERVED WITH OUR HOUSE MADE DIJON AND BLUE CHEESE DRESSINGS  
(VEGETARIAN - GLUTEN FREE - NUT FREE)

\$5.50

## SALADS - SIDE

### TEX-MEX

BLACK BEANS AND JUICY YELLOW CORN TOSSED WITH ROASTED PEPPERS, RED ONIONS, AND CILANTRO IN OUR HOUSE MADE SOUTHWEST DRESSING

\$5.00

### ORZO

ORZO PASTA, JUICY YELLOW CORN, BLACK BEAN, CILANTRO, AVOCADO, AND CHERRY TOMATOES, MIXED TOGETHER AND TOSSED IN OUR CILANTRO LIME RANCH DRESSINGS

\$5.00

### MEXICAN CORN

CORN CUT STRAIGHT FROM THE COB, TOSSED WITH MEXICAN SPICES AND TOPPED WITH COTIJA CHEESE AND CILANTRO

\$5.00

### MEDITERRANEAN

ORZO, CHERRY TOMATOES, MARINATED ARTICHOKE HEARTS, SUN DRIED TOMATOES, CAPERS, TOSSED IN RED WINE VINAIGRETTE

\$5.00

### GREEK

DICED ROMAS, CUCUMBERS, RED ONIONS, KALAMTA OLIVES, TOSSED IN HERBED VINAIGRETTE AND FETA CHEESE

\$5.00

### QUINOA

QUINOA, GREEN PEPPERS, ONIONS, SWEET CORN, BLACK BEANS, FETA, TOSSED IN SEASONAL VINAIGRETTE

\$5.00

### WATERMELON & FETA

CUBED WATERMELON, CUCUMBER, AND MINT TOPPED WITH FETA AND LIME JUICE PASTA TRI-COLORED ROTINI, SUN-DRIED TOMATOES, KALAMATA OLIVES, FETA CHEESE, RED ONIONS, AND CAPERS IN OUR HOUSE MADE BALSAMIC VINAIGRETT

\$6.00

### CHILLED SUMMER

BROCCOLI FLORETS, BACON , RED ONIONS, SUNFLOWER SEEDS, AND RAISINS TOSSED IN HOUSE APPLE CIDER DRESSING

\$6.00



# SIDES

## VEGETABLES - SIDE

### ROASTED SEASONAL VEGETABLES

(vegan, gluten free)

\$5.00

### GRILLED MARINATED VEGETABLES

EGGPLANT, SQUASH, PEPPERS, MUSHROOMS, ASPARAGUS, RED ONION, GRAPE TOMATOES AND KALAMATA OLIVES, SEASONED THEN GRILLED OVER AN OPEN FLAME

(vegan, gluten free)

\$6.50

### GRILLED ASPARAGUS PLATTER

SEASONED IN OLIVE OIL AND ITALIAN HERBS AND SPICES, THEN GRILLED OVER AN OPEN FLAME

(vegan, gluten free)

\$7.00

### SUNSHINE MARKET CARROTS

MULTI COLORED CARROTS SAUTEED IN ORANGE JUICE, BUTTER, VANILLA, AND FRESH HERBS UNTIL PERFECTLY GLAZED

(vegetarian, gluten free)

\$5.00

### PAN ROASTED BRUSSEL SPROUTS

FRESH BRUSSELS SPROUTS SAUTEED WITH BALSMIC VINEGAR, THICK SLICED BACON, AND ONIONS

(gluten free)

\$6.00

### PAN FRIED GARLIC GREEN BEANS

CRISP GREEN BEANS PAN-FRIED SCHEZWAN STYLE TOSSED IN OUR GARLIC SAUCE

(vegan, gluten free)

\$5.50



## STARCHES - SIDE

### WILD RICE PILAF

BLEND OF WHITE & WILD RICES IN VEGETABLE BROTH (vegan, gluten free, nut free)

\$4.00

### LEMON RICE PILAF

SAUTEED WITH BUTTER AND CHICKEN BROTH AND SCALLIONS THEN TOSSED WITH FRESH LEMON AND ALMOND SLIVERS

(gluten free)

\$4.50

### SPANISH RICE

SEASONED WITH FRESH TOMATOES, GARLIC AND ONION

(vegan, gluten free, nut free)

\$4.50

### SESAME RICE

WHITE RICE, SLOWLY COOKED WITH SESAME OIL & TOSSED WITH SCALLIONS & SESAME SEEDS

(vegan, gluten free)

\$4.00

### SPICY REFRIED BEANS

PINTO BEANS, SAUTEED AND BLENDED WITH DICED JALAPENOS

(vegan, gluten free)

\$4.00

### ARGENTINIAN POTATOES

PEELED POTATOES TOSSED WITH GARLIC, FRESH BASIL, SALT AND PEPPER

(vegan, gluten free)

\$5.00

### ROASTED RED POTATOES

ROASTED BABY RED POTATOES TOSSED WITH OLIVE OIL, ROSEMARY AND THYME

(vegan, gluten free)

\$5.00

### ROASTED GARLIC MASHED POTATOES

YUKON GOLDS WHIPPED WITH BUTTER, SOURE CREAM AND ROASTED GARLIC CLOVES

(vegetarian, gluten free, contains dairy)

\$5.00

### POTATOES AU GRATIN

THINLY SLICED RUSSET POTATOES BAKED IN OUR GARLIC-FENNEL CREAM SAUCE TOPPED WITH TILLAMOOK CHEDDAR AND PARMESAN CHEESES

(vegetarian, gluten free, contains dairy)

\$5.00

### PENNE PASTA IN HERB BUTTER SAUCE

(vegetarian, contains dairy)

\$4.00

