Bowls (1 Protein 2 Sides)

Texas Slow Roasted Beef Brisket

Slow Marinated overnight fresh black pepper, paprika, onions, sea salt, fresh garlic, olive oil, bay leaves $13.99

Southeast London Broil

Marinated overnight in sea salt, tarragon, thyme, garlic, onions, black pepper, beef sauce $13.99

Caribbean Slow Roasted Pork Loin

Marinated overnight in cilantro sauce, fresh lemon juice, sea salt, fresh paprika, ground fresh carrots, celery, onion, garlic $12.99

Pepper Steak

Marinated overnight with mixed green peppers, and onions, black pepper, sea salt $12.99

Our Signature Fried Chicken

Crispy fried to perfection dipped in eggs, flour, sea salt and black pepper $11.99

Tex Mex Grilled Chicken Breast

Marinated in jalapeno, pepper, onion, garlic, fresh tomatoes, cilantro, sea salt, black pepper, green peppers, yellow peppers, red peppers $11.99

Grilled Lemon Chicken Breast

Fresh mixed herbs, lemon juice, ground fresh garlic, olive oil, black pepper, sea salt $11.99

Our Signature Rotisserie Chicken

Spit Roasted crispy golden brown chicken, marinated in fresh herbs, sea salt, black pepper $11.99

Roasted Turkey Breast

Spit roasted crispy golden brown marinated in fresh herbs, sea salt, black pepper $11.99

Norwegian Grilled Salmon

Fresh mushrooms, shallots, garlic, ginger, tarragon, olive oil, paprika $13.99

Vegetable Burger

Fresh Vegetables, carrots, onions, eggplant, zucchini, squash, potatoes, celery, sea salt, black pepper $11.99

*Lunch Menu (11am-3pm)*

Wraps

Veggie Wrap

Mesclun mix, spinach, shredded carrots, tomatoes, red onions, mixed peppers, cucumbers, green olives $9.99

Rotisserie Chicken/Turkey Wrap

Plain Wrap, spring mix, red onion, tomatoes, olive oil, mixed peppers, sea salt, black pepper $11.99

The Classic Grilled Chicken Wrap

Whole grain wrap, grilled chicken, sautéed onions, tomatoes, sautéed mixed peppers $10.99

Grilled Chicken and Avocado Wrap

Sun Dried Tomato wrap, grilled chicken, roasted corn, roasted mixed peppers, onions, black beans, Spanish rice, salsa dressing $10.99

*Salads*

Organic Quinoa Salad

Celery, carrots, mixed peppers, parsley, Shallots, Garlic oil, tarragon, sea salt, black pepper $14.99

Falafel Salad

Chickpeas, garlic, scallions, parsley, onions, lime juice, sea salt, black pepper $10.99

Caesar Salad

Romaine Lettuce, parmesan cheese, croutons, Cherry tomatoes, Caesar dressing $10.99 Add Chicken $2.95

Greek Salad

Lettuce, red onions, cucumbers, cherry tomatoes, mixed peppers, green olives, feta cheese $11.99

Organic Mixed Green Salad

Organic Mesclun, cucumbers, cherry tomatoes, mixed peppers, carrots, red onions, spring greens $ 11.99

Chopped Your Way

One Protein and Four Toppings $10.99-$12.99 Avocado ADD $ 2

*Sides*

Organic Fresh Spinach

Roasted Vegetables

String Beans

Broccoli W/ Garlic Oil

Roasted Corn

Vegetable Rice

Roasted Potatoes

Mashed Potatoes

Roasted Brussel Sprouts

Roasted Sweet Potatoes

Israeli Salad

Couscous Salad

*Sauces and Toppings*

Guacamole

Mango Salsa

Tzatziki Sauce

Hummus

Red Salsa

Caesar Dressing

Balsamic Vinaigrette Dressing

*Dinner Menu*

Appetizers

Buffalo Chicken Wings $10.99/LB

BBQ Chicken wings $10.99/LB

Teriyaki Chicken Wings $10.99/LB

Chicken Fingers $10.99/LB

*Entrees*

Chicken

Spit Roasted crispy golden brown (Whole or Half) $5.99/lb

Boneless Turkey Breast

Spit roasted crispy golden brown $14.99/lb

Fried Chicken

Coated with spices and bread butter $6.49/lb

Grilled Chicken Cutlet

BBQ, Teriyaki, Balsamic or Lemon $11.99/lb

Fried Chicken Cutlet $11.99/lb

BBQ Brisket $15.99/lb

Brisket

With onion in its gravy $15.99/lb

Roasted Porkloin

Marinated overnight in cilantro sauce, fresh lemon juice, sea salt, fresh paprika, ground fresh carrots, celery, onion and garlic $12.99/lb

BBQ or Duck Sauce Spare Ribs $9.99/lb

Grilled Salmon

Fresh Norwegian Filet with dill sauce $19.99/lb

*Hot Side Items*

Roasted Mushrooms $10.99/lb

Kasha Varnishkes $8.99/lb

Roasted Vegetables $9.99/lb

Broccoli $9.99/lb

String Beans $9.99/lb

Mushroom barley $8.99/lb

Mashed Potatoes $8.99/lb

Roasted Potatoes $8.99/lb

Macaroni and Cheese $8.99/lb

Roasted Brussel Sprouts $10.99/lb

Roasted Sweet Potato $2.99 Each

Vegetable Rice $8.99/lb

Roasted Corn $8.99/lb

Potato Pancakes $2.99 each

Beef Gravy $9.99/QT

Turkey Gravy $9.99/QT

*Cold Side Items*

Cole Slaw $6.99/lb

Macaroni Salad $6.99/lb

Potato Salad $6.99/lb

Israeli Salad $6.99/lb

Kale Salad $12.99/lb

Quinoa Salad $10.99/lb

Chicken Salad $10.99/lb

Tuna Salad $10.99/lb

Cranberry Sauce

W/ mandarin oranges and walnuts $9.99/lb

Apple Sauce

Homemade w/ crushed pineapple and cinnamon $8.99/lb