

PF

## Entrees

PF

### Chicken Paillard

Dijon & Garlic Chicken Paillard Topped with Julienned Zucchini, Strips of Bell Pepper, and Fresh Herbs.

**208**

Cal



PF

### Grilled Balsamic Chicken with Broccolini Salad

Grilled Balsamic Chicken with a side of Baby Broccoli, Roasted Fennel, Sauteed Red Onion, Kalamata Olives and Ripe Cherry Tomatoes.

**360**

Cal



PF

### Vegetarian Lentil Loaf with Checca Sauce

Brown Rice, Lentils, Fresh Spinach, Corn, Herbs & Italian Cheese. Topped with a Healthy and Flavorful Checca Sauce.

**418**

Cal



PF

### Baked Salmon with Cucumber Dill Sauce

Baked Atlantic Salmon with Cucumber Dill Yogurt Sauce.

**269**

Cal



PF

### Baked Mac & Cheese

Roasted Cauliflower, Sharp Cheddar, Brown Rice Pasta, and Fresh Herbs.

**366**

Cal



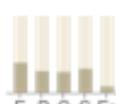
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### Sushi Bowl

Baked Asparagus, Fresh Avocado, Shredded Carrots, & Pan-Cooked Tempeh over Brown Rice. Topped with Toasted Nori and a Citrus Cilantro Scallion Dressing.

**539**

Cal



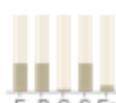
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### Flat Iron Steak Entree

Flat Iron Steak with Thai Peanut Sauce. With Shiitake Mushrooms, Peppers, and Watercress.

**326**

Cal



## Salads

PF

### Chickpea Cauliflower Salad

Recommended for you, pure fare – this item fits your nutritional profile!  
\* New

52  
Cal



PF

### Fresh Tuna & Spinach Salad

Fresh Spinach, Chickpeas, Roasted Peppers, Sliced Fennel, Tuna  
Recommended for you, pure fare – this item fits your nutritional profile!

263  
Cal



PF

### Tandoori Chicken Salad

Fresh Spinach, Tandoori Chicken, Red Onion, Cucumber, Cherry Tomatoes  
Recommended for you, pure fare – this item fits your nutritional profile!

115  
Cal



PF

### Beet & Arugula Salad

Arugula, Crumbled Sheep Feta, Roasted Beets, Red Onion, Avocado, Olive Oil, Sea Salt, Fresh Thyme, Fresh Sage, Garlic, White Wine Vinegar  
Recommended for you, pure fare – this item fits your nutritional profile!

180  
Cal



PF

### Greek Salad

Romaine Lettuce, Grilled Chicken, Lemon Juice, Minced Garlic, Cucumbers, Cherry Tomatoes, Red Onion, Feta Cheese, Kalamata Olives, Chopped Parsley

327  
Cal



PF

### Nicoise Salad

Watercress, Grilled Tuna, Artichokes, Olive Oil, Fresh Green Beans, Kalamata Olives, Cherry Tomatoes, Red Onion

288  
Cal



PF

### Mexican Grilled Chicken

Romaine Lettuce, Grilled Chicken Breast, Black Beans, Corn Kernels, Red Onion, Jicama, Bell Pepper, Tomatoes, Avocado

344  
Cal



PF

### Chili Chicken Salad

Shredded Chili Chicken, Fresh Corn, Jicama, Cherry Tomatoes, Peppers, Spinach, Cilantro

306  
Cal



**Farro Kale Salad**

Farro, Kale, Roasted Sweet Potatoes, Olive Oil, Fresh Squeezed Orange Juice, Dijon Mustard, Walnut Oil (Roasted), Toasted Walnuts, Sea Salt, Black Pepper, Minced Scallions & Garlic

**365**  
Cal

**Quinoa Salad**

Fresh Spinach, Quinoa, Sea Salt, Dried Apricots, Lemons, Avocados, Scallions, Toasted Almonds, Orange Bell Peppers, Olive Oil, Coriander, Paprika, Cumin, Cucumber, Cherry Tomatoes

**482**  
Cal

**Lemon Dill Green Beans**

Shallots and Fresh Green Beans in a Lemon Dill Dressing.

**92**  
Cal

**Endive & Gorgonzola Salad**

Endive, Sliced Apple, Candied Walnuts, and Gorgonzola Cheese.

**434**  
Cal

**Wheatberry Salad**

Wheatberries, Beets Roasted in Garlic and Fresh Thyme, Butternut Squash, Shredded Raw Kale & a Honey Sesame Dressing.

**307**  
Cal

**Curried Waldorf Salad**

Fresh Apples, Celery, Raisins, in a Curried Yogurt Dressing.

**192**  
Cal

**Mayo-Less Tuna Salad**

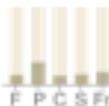
Our Special Tuna Salad Prepared with No Mayo!

**157**  
Cal

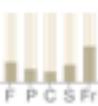
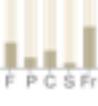
**Curried Chicken Salad**

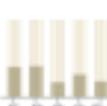
Shredded Chicken, Fresh Herbs, Onion, Celery, Raisins. Made with no Mayo!

**262**  
Cal

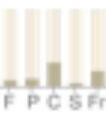
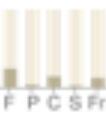
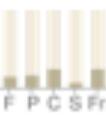
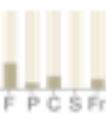
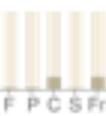
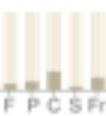


## Sandwiches

<b>Poached Egg</b> 	Asparagus, Extra Virgin Olive Oil, Sea Salt, Fresh Thyme Leaves, Garlic, White Wine Vinegar, Poached Egg, Asiago Cheese, Whole Grain Bread	356 Cal	
<b>Broccoli Egg</b> 	Broccoli, Minced Garlic, Onion & Red Chili, Eggs, Olive Oil, Lemon Juice, Goat Feta, Fresh Chives, Whole Grain Bread	342 Cal	
<b>Leek, Egg &amp; Spinach</b> 	Braised Leeks, Homemade Chicken Stock, Extra Virgin Olive Oil, Minced Parsley, Eggs, Garlic, Fresh Spinach, Whole Grain Bread	371 Cal	
<b>Banana Nut</b> 	Peanut Butter, Banana, Whole Grain Bread	458 Cal	
<b>Smoked Salmon Sandwich</b> 	Smoked Salmon, Fresh Cucumber, Dill, Red Onion & Lemon Caper Dressing	400 Cal	
<b>Goat Brie &amp; Fig Sandwich</b> 	Goat Brie, Arugula, Roasted Peppers & Caramelized Onion Fig Spread.	361 Cal	
<b>Grilled Vegetables and Provolone</b> 	Broccoli Rabe, Portobella Mushrooms, Roasted Peppers & Sharp Provolone Recommended for you, pure fare - this item fits your nutritional profile!	349 Cal	
<b>Black Bean Hummus Sandwich</b> 	Sliced Cucumber, Avocado, Red Onion, Fresh Spinach, Tomato & Spicy Black Bean Hummus on Multigrain Bread	371 Cal	
<b>Tuna Salad Sandwich</b> 	Our Special Mayo-Less Tuna, Red Onion, Celery, Watercress and Tomato on Multigrain Bread Recommended for you, pure fare - this item fits your nutritional profile!	290 Cal	

<b>PF</b>	<b>Tuna Romesco Sandwich</b> Albacore Tuna, White Onion, Greens, and Romesco Sauce.	<b>390</b> Cal	
<b>PF</b>	<b>Roasted Turkey &amp; Plum Chutney</b> Roasted Turkey, Fresh Spinach, Red Onion, Tomato & Plum Chutney Spread. Recommended for you, Kunals07 – this item fits your nutritional profile!	<b>345</b> Cal	
<b>PF</b>	<b>Roasted Turkey &amp; Honey Mustard</b> Roasted Turkey, Sharp Cheddar, Fresh Tomato, Lettuce and Honey Mustard	<b>491</b> Cal	
<b>PF</b>	<b>Roasted Turkey &amp; Pesto</b> Roasted Turkey, Fresh Tomato, Greens, Red Onion & Homemade Pesto	<b>493</b> Cal	
<b>PF</b>	<b>Grilled Chicken</b> Grilled Chicken, Shredded Carrots, Cabbage & Ginger Edamame Spread. Recommended for you, Kunals07 – this item fits your nutritional profile!	<b>359</b> Cal	
<b>PF</b>	<b>Tandoori Chicken Sandwich</b> Grilled Tandoori Chicken, Red Onion, Cucumber & Mint Chutney.	<b>443</b> Cal	
<b>PF</b>	<b>Turkey Burger</b> Turkey Burger, Fresh Tomato, Lettuce, Onion & Roasted Pepper Basil Sauce	<b>537</b> Cal	
<b>PF</b>	<b>Steak, Cheddar &amp; Horseradish Sandwich</b> Local Steak, Homemade Tomato Relish, Fresh Horseradish, and Sharp Cheddar.	<b>414</b> Cal	
<b>PF</b>	<b>Thai Flat Iron Steak Sandwich</b> Baked Flat-Iron Steak, Raw Peppers, Fresh Cilantro, and Greens with a Creamy Thai Peanut Sauce.	<b>359</b> Cal	

## Smoothies

<b>PF</b>	<b>Mango Smoothie</b> Mango, Low-fat Milk, Plain Low-fat Yogurt, and a Bit of Honey	<b>372</b> Cal	
<b>PF</b>	<b>Spinach Coconut Smoothie</b> Spinach, Coconut, and Fresh Green Grapes	<b>252</b> Cal	
<b>PF</b>	<b>Creamy Date Smoothie</b> Sweetened only with Dates!	<b>286</b> Cal	
<b>PF</b>	<b>Strawberry Flax Smoothie</b> Fresh Strawberries, Lowfat Yogurt, Fresh Orange Juice, and Ground Flax	<b>351</b> Cal	
<b>PF</b>	<b>Banana Cashew Smoothie</b> Raw Cashews and Fresh Banana Sweetened with a Touch of Maple Syrup	<b>320</b> Cal	
<b>PF</b>	<b>Carrot Pineapple Smoothie</b> Fresh Pineapple, Fresh Orange Juice, Carrots, and Banana	<b>177</b> Cal	
<b>PF</b>	<b>Gingery Berry and Oat Smoothie</b> Blueberries, Low-fat Yogurt, Fresh Ginger, and a Handful of Soaked Rolled Oats.	<b>308</b> Cal	
<b>PF</b>	<b>Kale-Apple Smoothie</b> Fresh Apple Juice, Banana, Lemon, and Kale!	<b>161</b> Cal	