



Round the City Tour

Sample Lunch Menu

(2017 menu will be similar, but not necessarily the same)

Choose your sandwich:

Choose white, brown or multigrain bread.

Italian Cheese: pesto spread, tomato, basil, choice of mozzarella, feta or goat cheese

Avocado: Avocado spread, jalapenos, tomato, red onion, hard-boiled egg

Mediterranean: Grilled eggplant, tahini, tomato, pickles, hard-boiled egg

Steak: Steak, aroma sauce, sautéed onions, sautéed red peppers, swiss cheese

Grilled Chicken Breast: chicken, aroma sauce, mozzarella, grilled peppers, arugula

Turkey BLT: sliced turkey, turkey bacon, tomato, lettuce, mayonnaise

Which Salad do you prefer?

Mixed Greens: Mixed greens, tomato, carrot, red onion, served with balsamic vinaigrette

Mediterranean Pasta: Tricolour fusili, red onion, basil, green olives, red peppers, feta cheese, za'atar seasoning, served with lemon and olive oil dressing

Quinoa: Quinoa, tomato, cucumber, grilled eggplant, red onion, fresh mint, served with herb dressing