

Lunch or Dinner H2O Selections

Smaller portion sizes for a lighter lunch or dinner. Sandwiches are served with choice of carrots and celery or fresh fruit cup. Choice of 2 ounces tabbouleh or 3 ounces of hummus. Served with baked potato chips.

*Chicken Caesar Wrap *new! H2O!*

Half portion wrap filled with 4 ounces diced grilled chicken with 1 ounce each romaine lettuce, Greek olives, with a half ounce of Caesar dressing.

7.00

*Turkey Cranberry Wrap *new! H2O!*

Half portion wrap filled with 4 ounces smoked turkey and 2 ounces each of smoked gouda, Bermuda onion and romaine lettuce with a half ounce of cranberry relish spread. Beverages.

7.00

*Vegetarian Whole Grain Wrap *new! H2O!*

Half portion wrap filled with 2 ounces each of red pepper hummus, black beans, tomatoes, and Romaine lettuce. One ounce of Alouette cheese spread. Beverages.

6.50

*Asian Chicken Salad *new! H2O!*

Four ounce Teriyaki marinated grilled chicken breast on a bed of 6 ounces of shredded cabbage and greens with 2 ounces each of oranges, peapods, scallions, toasted almonds and ginger soy dressing. Lightly garnished with one ounce of chow mein noodles. Beverages.

8.00

*Berry Blend Salad *new! H2O!*

Six ounces romaine shreds with 2 ounces each of strawberries, blueberries, lean buffet ham and Muenster cheese. Two ounces of raspberry vinaigrette. Beverages.

8.00

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Smaller portion sizes for lunch or dinner. H2O portion main entrées appear as a complete meal – additional side dishes may be added and priced accordingly.

*Pan Roasted Pork Cutlet *new! H2O!*

A four ounce cutlet served on a two ounce bed of tart/sweet slaw with four ounces of steamed potatoes. Beverages.

14.00

*Montreal Sirloin with Grilled Seasonal Vegetables and Basmati Rice *new! H2O!*

Four ounces of sliced roasted sirloin with four ounces of vegetables and two ounces of steamed rice. Beverages

15.00

*Poached Turkey Cutlet with Orzo Ratatouille *new! H2O!*

A four ounce turkey cutlet poached in vegetable broth served with four ounces of toasted orzo and ratatouille. Beverages

12.50

*Sesame Seared Cod with Shitake Jus *new! H2O!*

Four ounce cod filet pan seared with two ounces of jus, four ounces vegetable and two ounces of confit. Beverages

13.00

*Grilled Dijon Rubbed Chicken with Peach Bermuda Confit *new! H2O!*

Four ounces chicken breast with two ounces of confit, four ounces of vegetables and two ounces pilaf. Beverages

12.50

*Wok Fried Soba Noodles with Asian Vegetables *new! H2O!*

Four ounces of soba buckwheat noodles stir-fried with two ounces of vegetables flavored with one ounce of ponzu sauce. Beverages

10.50