



DESIGN YOUR LUNCH

HOUSE FAVORITES 10

courier classic: grilled chicken, cucumber, chickpeas, sundried tomatoes, garlic balsamic

bowl wrap salad

welton street: smoked salmon, red onion, sprouts, sunflower seeds, egg, white wine vinaigrette

bowl wrap salad

union station: seared steak, bell peppers, bacon, cheddar, cherry tomato, ranch

bowl wrap salad

\$10 DAILY

1) pick your style (choose one)

bowl wrap salad

(with brown rice) (with mixed greens) (with mixed greens)

2) pick your protein (choose one)

smoked salmon grilled chicken
 seared steak marinated tofu

3) fill it up (unlimited)

cucumber cherry tomato
 carrot red onion
 bell pepper sprouts
 broccoli cauliflower
 jicama bacon
 chickpeas almonds
 sunflower seeds egg
 basil parmesan
 feta cheddar
 bleu cheese avocado +\$1
 sundried tomatoes

4) finish it off! (choose one)

ginger/lime (gf/vg) salsa verde (gf/vg)
 garlic balsamic (gf/vg)
 ranch
 white wine vinaigrette (gf/vg)
 bleu cheese on the side

COMPLETE YOUR MEAL! +2

drink (choose one)

fountain soda teakow iced tea

snack (choose one)

chips cookie

soup +\$5

soup of the day

market | bar | kitchen