



BY RETIREMENT UNLIMITED, INC.

Starters

Individual Hummus and Veggie Tray: V, GF

Includes our house made hummus with cucumbers, carrots, radishes, and celery

Caprese Skewers VG, GF

Includes fresh mozzarella cheese, basil, and tomato drizzled with a balsamic glaze.

Smoked Salmon Cucumber Bites GF

Cucumber with dill sour cream and smoked salmon

Individual Fruit & Cheese Platter VG

Grapes, berries, pineapple, honeydew served with pepper jack, gouda, and cheddar cubes.

Desserts

Fruit Crumble VG

Oatmeal and fruit of the week crumble, sweetened with all-natural honey

Sugar Free Cake VG

House baked Sugar free cake of the week.

No Sugar Added Ice Cream VG





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Entrees

Super Greens and Fruit Salad V

Tossed baby spinach and arugula with grapes, blueberries, roasted walnuts, and your choice of protein. (Chicken, Shrimp or Grilled Vegetables)

Quinoa Salad V

Quinoa, fresh cherry tomatoes, red onion, fresh spinach, avocado, cilantro, dressing. (Protein of your choice and feta cheese added upon request)

Deluxe Burger

Beef burger with lettuce, tomato, onion, pickle on a whole grain bun.

Taco Lettuce Wrap GF

Ground beef loaded with tomato, cilantro, cheese served over a Romaine lettuce boat.

Chicken Salad Lettuce Wrap GF

House made chicken salad with reduced fat mayonnaise served over a Romaine lettuce boat.

Tuna Lettuce Wrap GF

House made tuna salad with reduced fat mayonnaise served over a Romaine lettuce boat

