

RESTAURANT AT THE MARSH

SUMMER MENU

SMOOTHIES

add unsweetened whey, soy or pea protein 1

mixed berry blast 6.50

strawberry banana 6.50

south seas 6.50

power greens 6.50

SNACKERS & SIDES

egg salad snacker *with crackers* 5

tuna snacker *with crackers* 6

chicken snacker *with crackers* 6

lemon basil hummus plate *with naan, tomato, cucumber, carrot, celery, greek olives* 11

yogurt parfait 5

hard boiled egg 1.50

muffin 2.75

tortilla chips *with guacamole, pico de gallo* 8

kettle chips *with seasoned sour cream* 5

SALADS

Add to salads below: chicken...6 or shrimp...8

marsh salad 10

field greens, tomato, carrot, cucumber, parmesan, croutons, marsh dressing

classic caesar 10

romaine, parmesan, croutons, caesar dressing

berry balsamic 10

field greens, mixed berries, bleu cheese crumbles, sliced almonds, berry vinaigrette

greek 10

romaine, cucumber, feta, red onion, kalamata olives, lemon olive oil vinaigrette

greek quinoa 6

mediterranean white bean 6

southwest chicken pasta 6

broccoli vegetable 6

tuna pasta 6

whole grain chicken pasta 6

potato salad 4

WRAPS

southwest chicken 6

turkey club 6

chicken caesar 6

turkey, ham and cheddar 6

BEVERAGES

La Croix *plain or flavored* 2

San Pellegrino 3

Vitamin Water Zero 3

Lemonade 3

Arnie Palmer 3

Black Iced Tea 3

Orange Juice *small / large* 3 / 4

Milk *small / large* 2.50 / 3

Organic Milk *white/chocolate* 2.50

Juice *apple/fruit punch* 2.50

Peace Coffee / Decaf 3

Espresso *single / double* 2 / 2.75

Cappuccino 4.50

Latte 4.50

Mocha 4.50

Americano 4

Chai Latte 4.50

Hot Cocoa 3.50

Rishi Loose Leaf Hot Tea 3.00

China Breakfast, Earl Grey, Masala Chai, Mint Green, Jasmine Green, Chamomile Mint, Blueberry Rooibos, Tangerine Ginger



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