



THE WAY TO BALANCE® LLC
WEEKEND WORKSHOP
LUNCH MENU

UPDATED SEPTEMBER 2009

TUNA SALAD WRAP

Albacore tuna lightly dressed with mayonnaise, low fat yogurt, carrots, capers, and feta cheese

ROASTED VEGETABLE AND FETA WRAP

Mixture of fresh roasted vegetables, bean spread, lettuce, and feta cheese

FALLEN CHICKEN CAESAR WRAP

Roasted chicken, lettuce, and blue cheese tossed in our Mistress dressing

ROAST TURKEY WRAP

House roasted turkey, havarti cheese, and cranberry sauce

PHAT CAT COBB SALAD

Roast turkey, hard-boiled egg, bacon, carrots, and olives on a bed of lettuce topped with blue cheese

ROAST VEGETABLE WITH FETA SALAD

Mixture of fresh roasted vegetables on a bed of lettuce topped with feta cheese

CHICKEN CAESAR SALAD

Roasted chicken, lettuce, blue cheese, topped with olives

ROAST TURKEY SALAD

Roasted turkey, raisins, and candied pecans on a bed of lettuce topped with blue cheese

Dressings: Balsamic Vinaigrette, Parmesan Peppercorn, or Mistress

Chips of the Day. Chef's Choice

Cookie of the day (nut free)

**All lunch orders include a wrap or salad, chips,
and cookie of the day. Cost \$10.50 all-inclusive.**

