



Lunch

CAROLINA BBQ

Pulled Pork Sandwich

Slow roasted savory pork shoulder, shredded and tossed in a tangy vinegar, mustard, tomato and pepper sauce, served on a soft brioche bun, with our signature coleslaw, either on the sandwich or as a side – whatever your preference

Beef Brisket Sandwich

Lean, slow roasted brisket cooked in a tangy, vinegar and mustard-based "Carolina Gold" BBQ sauce, served on a brioche bun, with our signature coleslaw, either on the sandwich or as a side – you decide

SANDWICHES

BLT (add avocado)

Thick cut smoked bacon, crisp romaine lettuce, and heirloom tomato on your favorite bread or roll, with Hellman's mayo on the side

Turkey Club

Three-layers of your favorite toasted bread with roasted turkey, bacon, lettuce, tomato, and mayonnaise

Carolina BLT

All of the above, including a healthy slathering of pimento cheese, and of course Duke's Mayo (a North Carolina tradition)!

Veggie Wrap

Mediterranean style hummus spread generously over your choice of wrap (flour, gluten-free, spinach, low carb) with spring mix, grilled vegetables (bell peppers, red onion, squash, zucchini, portobello mushrooms – subject to availability), with tzatziki sauce on the side

DELI COUNTER

White Meat Chicken Salad

Made with mayo, dried cranberries, crunchy celery, salt/pepper and seasonings

Chicken Waldorf Salad

Made with mayo, crisp apples, crunchy celery, toasted walnuts and sweet grapes

Solid White Albacore Tuna Salad

Made with mayo, dried cranberries, crunchy celery, salt/pepper and seasonings

Egg Salad

Chopped hard-boiled eggs, mayo, salt and pepper, paprika and other seasonings

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Lunch (cont'd)

BUILD YOUR OWN

Proteins: Grilled marinated chicken breast, (whole, sliced or cubed), Grilled filet of Beef, Smoked Turkey Breast, Roast Beef, Honey Cured Ham, Black Forest Ham, Lean Pastrami, Genoa Salami, Prosciutto, Hot Calabrese, Copa Italiana, Salami di Parma

Cheese: American, Aged Sharp Cheddar, Swiss, Baby Swiss, Brie, Provolone, Goat Cheese

Toppings: Heirloom Tomato, Beefsteak Tomato, Cherry Tomato, Spring Mix, Romaine Lettuce, Dill Pickles, White Onion, Red Onion, Radishes, English Cucumber, Sliced Peppers, Jalapenos

Breads/Wraps: Hearty White, Whole Wheat, Oat Nut, Multigrain, Pumpernickel Rye, Low Carb Wrap, Gluten Free Wrap, Flour Wrap, Spinach Wrap, Brioche Roll, Sweet Hawaiian Roll (mini), Pretzel Roll

SALADS

Garden Salad

Mixed greens, sliced English cucumbers, sliced cherry tomatoes, julienned carrots, sliced red onion, bell peppers, croutons, and your favorite dressing, from the choices below, on the side

Caesar Salad

Crisp romaine lettuce, crunchy croutons, and Parmesan shavings, with creamy Caesar dressing on the side

Chef Salad

Spring Mix topped with julienned meats (honey ham, roasted turkey), hard-boiled eggs, shredded cheddar cheese, sliced cherry tomatoes, and English cucumbers, with your choice of either creamy Ranch or Blue Cheese dressing on the side

Greek Salad

Crisp romaine lettuce topped with sliced cherry tomatoes, English cucumbers, feta cheese, Kalamata olives, red onions, with Greek dressing on the side

Caprese Salad

Sliced cherry tomatoes, fresh mozzarella cheese, and fresh basil leaves, with salt and pepper, extra virgin olive oil, and balsamic glaze on the side

Cobb Salad

Mixed greens topped with neat rows of diced grilled chicken, thick cut smoked bacon bits, hard-boiled eggs, avocado slices, sliced cherry tomatoes, and blue cheese crumbles, served with your choice of red wine vinaigrette, or creamy ranch or bleu cheese dressing

Dressings: Ranch, Caesar, Bleu Cheese, Italian, Greek, Honey Mustard, Balsamic Vinaigrette, Extra Vergina Olive Oil
Low calorie or fat free dressings available upon request

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Lunch (cont'd)

SOUPS

Tomato Bisque

A robust tomato and basil soup, with parmesan shavings and crackers on the side

Chicken Noodle

White meat chicken with noodles and veggies in a hearty broth with crackers on the side

Southwestern Chicken Tortilla

White Meat chicken with garbanzo beans and spices, served with tortilla chips, shredded cheddar cheese and hot sauce on the side

Vegetarian Chili

A Hearty Vegetarian chili consisting of black, cannellini and kidney beans, corn and celery, accompanied by Fritos corn chips, shredded cheddar cheese, sour cream and hot sauce

New England Clam Chowder

Cream-based, with a generous allowance of clams, potatoes and onion, with crackers

Manhattan Clam Chowder

Tomato base, with a generous allowance of clams, potatoes and other vegetables, with crackers

CHEF'S FAVORITES

Quiche Lorraine

Made from scratch quiche (cream, eggs, Gruyère cheese and bacon) in a buttery pastry crust

Spinach and Parmesan Turkey Meatballs

Four homemade spinach and parmesan turkey meatballs served with herbed quinoa, green beans, and marinara sauce

Ground Turkey Gyro Bowl

Seasoned ground turkey, cauliflower rice, mixed grilled vegetables (peppers, onions, mushrooms, zucchini/squash – subject to availability) cucumber and tomato relish on the side

Vegetarian Tzatziki Bowl

Brown rice quinoa mix, sliced cherry tomatoes, sliced English cucumbers, sliced red onion, assorted green and Kalamata olives, bell peppers, feta cheese, tzatziki sauce, with pita bread triangles

Shrimp and Grits

A tomato-based sauce full of bacon, diced onion and Old Bay Seasoning with other spices, served over finely-ground corn grits, and topped with six quick-seared, coastal shrimp, and a lemon wedge

Chili Glaze Salmon Power Bowl

Center Cut Atlantic Salmon Filet served over Quinoa rice mix, with mandarin orange segments, sliced English cucumber, sliced red onion, and green beans, with a sweet Thai chili sauce or Teriyaki sauce on the side



Lunch (cont'd)

SIDES

Seasonal Fruit and Berry Cup

raspberries, blueberries, strawberries, blackberries and kiwi

Coleslaw

our signature, homemade, North Carolina recipe

Yukon Gold Potato Salad

made with stone ground mustard, mayo and spices

French Fries

Crinkle Cut, Steak, Shoestring, Wedges, Tots, Sweet Potato

Onion Rings

whole onion, beer battered

Individual Gourmet Potato Chips

From our friends at Carolina Kettle, "Down East Carolina BBQ" or "Sea Salt" flavors

Individual Lays Chips

Doritos, Fritos, Cheetos, Ruffles, Sour Cream, etc.

Individual Pretzels

Snyder's of Hanover Twists



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