

# LUNCH MENU

Tuesday—Friday, 11:00 am—1:30 pm

## Specials

### CHEF'S CHOICE \$12

special of the week alters depending on the season, freshly sourced ingredients available and the creativity of our chef

### SOUP & SALAD BAR UNLIMITED \$14

unlimited soup \$10 / unlimited salad \$12

1 bowl soup \$5 / 1 bowl salad \$6

fresh salad bar featuring a large selection of crisp ingredients, homemade soup selections weekly, and more

### LASAGNA \$ 12

hearty and comforting lasagna made with a authentic red sauce and italian sausage, layered between gluten-free noodles and a fresh mozzarella ricotta mix, all topped with parmesan cheese. **served with season toasted bread**

## Bowls \$10 REG \$14 LRG

### TERIYAKI BOWL

chicken . pork . veggie

tender chicken, pulled pork or veggies with sweet pineapple teriyaki sauce over coconut rice

### NACHO BOWL

chicken . beef . pork . veggie

tender chicken, zesty seasoned ground beef, pulled pork or veggies, gluten-free tortilla chips, velvety nacho cheese, and a side of fresh salsa and sour cream

### FAJITA BOWL

chicken . pork . veggie

juicy chicken, pork or veggies, sautéed peppers and onions, steamed rice and pinto beans, served with fresh and hot tortillas ready to be assembled into the perfect fajita bite

### ALFREDO BOWL

chicken . pork . veggie

juicy pork or tender chicken with creamy alfredo sauce over a bed of fresh fettuccine noodles or veggies and topped with parsley parmesan cheese. **served with season toasted bread**

### MEATBALL MARINARA BOWL

fettuccini noodles topped with homemade meatballs, and marinara sauce. **served with season toasted bread**

### CURRY BOWL

grilled chicken, carrots and potatoes in a creamy spice-filled Curry sauce, served over a bed of coconut rice. **served with homemade toasted naan bread**

## Baked Potato Bowls \$12

### MEXI POTATO BOWL

baked potato topped with taco beef, nacho cheese sauce, salsa and sour cream

### ALFREDO POTATO BOWL

baked potato topped with grilled chicken and our homemade alfredo sauce

### PULLED PORK POTATO BOWL

baked potato topped with smoked pulled pork, smothered in creamy pimento cheese sauce, and homemade BBQ sauce

### VEGGIE POTATO BOWL

baked potato topped with roasted peppers, onions, zucchini, carrots, pinto beans and homemade salsa

add any sauce +\$2

## Desserts & Drinks

### CHEF'S CHOICE CHEESECAKE \$5

soft and luscious specialty cheesecake by the slice or in our famous cheesecake bites

### KUCHEN \$6

### COOLER DRINKS \$2.50

## FOOD FRIENDLY SUBSTITUTIONS

### GLUTEN FREE

**ALL bowls!** Ask for:

Fajita bowl — ask for corn instead of flour tortilla

Alfredo bowl — ask for veggies instead of noodles

Lasagna bowl — comes with gluten free noodles

Curry bowl — ask to hold the naan

### DAIRY FREE

Unlimited salad bar — you choose!

Teriyaki bowl — no dairy included

Fajitas bowl — no dairy included

Curry bowl — ask to hold the naan

### MEAT FREE

Unlimited salad bar — you choose!

Teriyaki bowl — ask for veggies instead of meat

Fajitas bowl — ask for veggies instead of meat

Alfredo bowl — ask for veggies instead of meat

On the go? Call ahead for pickup on any menu item at (605) 718-5020.

Delivery available through Food Dudes!