



HARVEST MOON CAFÉ

LUNCH MENU

Mediterranean Salad

green leaf lettuce and spinach topped with grilled chicken, black olives, pepperoncinis, fat free feta, onion, red peppers, & mushrooms 8.00

Grilled Fish or Shrimp Taco

6 oz. tilapia or shrimp, spring onion, cilantro, tomato, cajun remoulade, sauce & lettuce. Served with light cole slaw 8.00

Mexican Chicken Wrap

grilled chicken breast, low fat sour cream, lettuce, onion, cilantro and topped with salsa. Served with light cole slaw 7.50

Thrive Muffulatta Wrap

stuffed with ham, light provolone, mixed olive and caper salad 7.50

Chicken Salad Sandwich

served on double fiber wheat bread with lettuce, tomato, and onion with a side of cucumber salad or steamed broccoli 6.50

Vegetable Plate

pinto beans (protein), and a choice of 2 of the following vegetables: collard greens, green beans, steamed broccoli and grilled asparagus or cucumber salad 6.00

Veggie Burger

double fiber whole wheat bread with caramelized onions, mushrooms, and goat cheese served with lettuce, tomato, onion and light cole slaw 7.00

Hamburger

lean char grilled beef burger topped with goat cheese on double fiber wheat bread and served with lettuce, tomato, onion, and light cole slaw 7.00

Hot Italian Turkey Wrap

grilled turkey, banana peppers, olives, and onions in fat free Italian dressing 7.50

Build your own Thrive Sandwich

Choose light chicken salad or turkey, tuna salad or chicken breast with low fat provolone and add any garnish including dijon, light mayo, horseradish, cucumber, lettuce, tomato, onion, black olives, jalapenos, pickles, sauerkraut, or sprouts served with cucumber salad or light cole slaw 7.00

Function Weightloss Drink Available

Thrive Cheesecake (to be used as a snack before 4 pm) and Thrive Sandwiches, salads and sauces available in the Bakery

