

# Express Menu

Dial 6220 to place your order and pick up in the Bistro.

## SOUPS & SALADS

**Heart Healthy Soup of the Day** – ask your server for today's selection 4 / 6

**New England Clam Chowder** – clams, bacon, potatoes, onion, celery and cream 5 / 7

**2 20/20 Asian Chicken Salad** – mixed greens, chicken, celery, peppers, almonds, sesame seeds, miso dressing 13

**Classic Caesar Salad** – romaine, parmesan, garlic croutons, classic caesar dressing 6 / 11

**Mixed Greens Salad** – mixed greens, pears, blue cheese, candied pecans, house made vinaigrette 6 / 11

**Original Chop Salad** – chicken, salami, basil, garbanzo beans, tomatoes, mozzarella, chop dressing 8 / 13

**Raspberry Chicken Salad** – mixed greens, chicken, blue cheese, raspberries, apples, raspberry poppy seed dressing 14

**4 20/20 Almond and Strawberry Salad** – mixed greens, strawberries, chicken, almonds, red grapes, raspberry poppy seed dressing 14

## SANDWICHES

*all sandwiches are served with french fries, sweet potato fries or side salad*

**1/2 Cold Sandwich and Soup or Organic Greens** 9

**California Chicken Burger** – chicken, havarti, avocado, lettuce, tomato, mayo, whole wheat bun 12

**7 20/20 Chicken Pesto Burger** – chicken, tomato, fresh basil, whole grain sandwich thin 11

**Grilled Cheese** – cheddar, whole wheat bread 9

**Mesquite Grilled Chicken Club** – chicken, bacon, lettuce, tomato, swiss, shallot mayo, campagnola bread 12

**7 20/20 SCCo BBQ Cheeseburger\*** – beef patty, lettuce, tomato, onion, BBQ sauce, whole grain sandwich thin 11

**Sonoma Veggie Burger** – veggie burger, lettuce, tomato, avocado, onion, mayo, whole wheat bun 12

**Tillamook Cheese Burger\*** – ground sirloin, cheddar, lettuce, tomato, onion, mayo, kaiser bun 11

**Tuna Melt** – Albacore tuna salad, cheddar, tomato, como bread 11

**Tuna and Swiss Sandwich** – Albacore tuna salad, swiss, lettuce, tomato, como bread 9

**Turkey and Havarti Sandwich** – turkey, havarti, lettuce, tomato, mayo, como bread 9

## PIZZA

**BBQ Chicken Pizza** – BBQ sauce, diced chicken, smoked and regular mozzarella, red onions, cilantro 13

**7 20/20 Chicken Vegetable Pizza** – tomato sauce, low fat mozzarella, diced chicken, spinach, crimini, onions, whole wheat crust 12

**7 20/20 Mozzarella Pizza** – tomato sauce, low fat mozzarella, roma tomatoes, parmesan, basil, whole wheat crust 11

**Pepperoni Pizza** – tomato sauce, mozzarella, sliced pepperoni 12

**Quattro Fromaggio Pizza** – tomato sauce, four cheese blend 9

## SMOOTHIES

16 oz - 5.10 20 oz - 5.60

**Blue Banana** – mango, blueberries, coconut, pineapple juice, banana, vanilla yogurt

**Blueberry Burst** – blueberries, banana, apple juice, vanilla yogurt

**Mango Madness** – mango, strawberries, orange juice, banana, vanilla yogurt

**Peach Passion** – peaches, banana, orange juice, vanilla yogurt

**Peachy Keen** – peaches, strawberries, pineapple juice, banana, vanilla yogurt

**Pineapple Passion** – pineapple juice, banana, orange juice, vanilla yogurt

**Raspberry Rhapsody** – raspberries, banana, apple juice, vanilla yogurt

**Strawberry Sensation** – strawberries, banana, pineapple juice, vanilla yogurt

**Tropical Breeze** – mango, banana, pineapple juice, coconut, yogurt, soy milk

**Very Berry** – strawberries, blueberries, raspberries, soy milk, banana, vanilla yogurt

*\* Consumption of raw or under cooked meats, poultry, eggs, fish or shellfish may increase your risk of food borne illness.*