

# Family Meals

Clean eating, easy & delicious

green  
lane  
co.

## SOUPS

Pint \$6.50 - Quart \$10.50

Vegetables - Mediterranean  
Potato Lentil - Chicken and Rice

## SALADS

½ Pan \$18 + Tax - Full Pan \$36 + Tax

### Signature House

Kale, cranberries, feta  
cheese, pumpkin seeds

*House Dressing*

### A.I. Greens

Kale, spinach, romaine, cucumber,  
celery, carrots, tomatoes, red  
cabbage, radishes, onions, mushrooms

*Balsamic Vinaigrette Dressing*

### Caesar

Romaine lettuce,  
parmesan cheese,  
croutons

*Caesar Dressing*

## GRAINS BOWLS

\$30 (Serves 4 - 6)

*Choose White Rice or Quinoa Brown Rice Mix as a base*

### Thai

Corn, cilantro, peanuts,  
red cabbage, carrots,  
green onions, garlic  
and lime, chili flakes

### Fiesta

Bell pepper, mushrooms,  
corn, cilantro, tomato,  
onions, black beans,  
fresco cheese

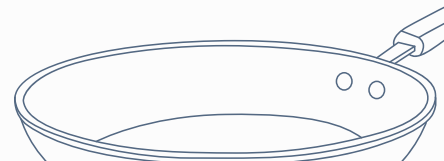
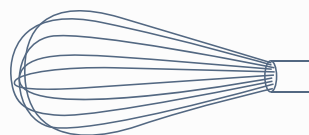
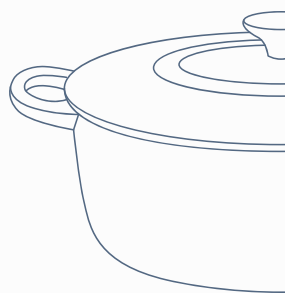
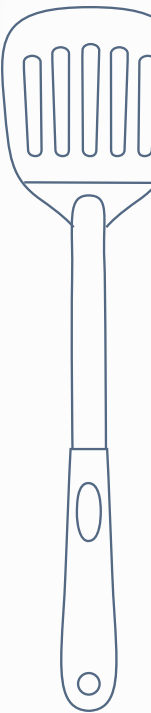
### Coconut Curry

Peas, red bell  
pepper, potatoes,  
cashews, broccoli  
florets

## PROTEIN

Chicken, Tofu,  
Pork Loin  
or Turkey Breast  
\$15

Beef \$20  
Salmon \$8  
(sold by the piece)  
Avocado \$5



# ENTRÉES

(Serves 4 - 6)

*Entrées are served with rice and your choice of 2 sides*

- |   |                |   |                |
|---|----------------|---|----------------|
| <b>1. Southwest Chipotle Meatballs</b>  | <b>\$39.50</b> | <b>6. Chuck Pot Roast</b>   |                |
| <b>2. Grilled Chicken Alambre</b>   | <b>\$42</b>    | <b>Chimichurri Style</b>  | <b>\$55</b>    |
| Topped with our roasted bell peppers, mushrooms and onions  |                | This Chuck Pot Roast is smoked for seriously tender and flavorful roast                                 |                |
| <b>3. Grilled Chicken with Piquillo Sauce and Cracked Pepper</b>  | <b>\$39.50</b> | <b>7. Pescado a la Veracruzana</b>  | <b>\$62.50</b> |
| Topped with our roasted bell peppers, mushrooms and onions  |                | Basa fillets baked in a briny tomato sauce with capers, olives, a little olive oil and a blend of herbs |                |
| <b>4. Peppered Turkey Breast</b>  | <b>\$42</b>    | <b>8. Balsamic Glazed Basa</b>  | <b>\$62.50</b> |
| <b>5. Pork Loin with Habanero Mustard Sauce</b>   | <b>\$45</b>    | Basa fillet baked in a balsamic glazed reduction sprinkled with green onions                            |                |
| Hand rubbed with a blend of herbs and spices, slow roasted and served with a house made spicy mustard sauce |                | <b>9. Savory Pan Seared Tuna Steak (5 pieces)</b>   | <b>\$62.50</b> |
|   |                | <b>10. Grilled Salmon Fillets (5 pieces)</b>  | <b>\$62.50</b> |
|   |                | A light and simple soy sauce marinade gives a special favor to this delicious dish                      |                |

# SIDES

\$17.50 (Serves 4-6)

- |                           |                                  |
|---------------------------|----------------------------------|
| Sweet Potato Fries        | Broccoli                         |
| Mashed Cauliflower        | Mashed Sweet Potatoes            |
| Rosemary Potatoes         | Roasted Zucchini                 |
| Garlic Ginger Green Beans | Balsamic Glazed Brussels Sprouts |

# SOME FACTS AND INFO...

- Available from 3 to 7:00 at the Briar Forest location
- Chicken & Turkey: Hormone Free, No Antibiotics
- Salmon: Chemical Free, Wild Caught
- Non GMO / No MSG

