

# Culinary Crossroads



## Wake Up Call

<b>Breakfast Burrito</b> .....	<b>3.50</b>
<b>Breakfast Tacos (2)</b> .....	<b>3.50</b>
<b>Egg Sandwich</b> .....	<b>3.50</b>
<b>Migas</b> .....	<b>4.50</b>
Egg Beaters, Bell Pepper, Jalapenos, Avocado & cheese, topped with tortilla strips and salsa	
<b>Protein Pancakes</b> .....	<b>3.50</b>
<b>Add Turkey Bacon or Sausage</b> .....	<b>1.00</b>

## Wrap it Up

Wraps and Paninis are served with a side of coleslaw.

<b>Chicken Lettuce Wrap</b> .....	<b>7.50</b>
<b>Grilled Chicken Wrap</b> .....	<b>7.50</b>
<b>Grilled Philly Wrap</b> .....	<b>7.50</b>
<b>Meximelt Burrito</b> .....	<b>7.50</b>
<b>Buffalo Wrap</b> .....	<b>8.75</b>
<b>Panini</b> .....	<b>7.75</b>
Sliced ham or turkey with mozzarella cheese, tomato, bell pepper, onion and spinach on flat bread	
<b>Pesto Panini</b> .....	<b>7.75</b>
Grilled chicken breast, mozzarella cheese, sliced tomato and basil pesto on flat bread.	
<b>Burgers</b> .....	<b>8.50</b>
Angus, Buffalo or Turkey on Jalapeno Cheese, Whole Wheat, Ciabatta or sandwich thin. Choice of Coleslaw or chips.	

## Off the Hook

Complete with your choice of veggie and starch

<b>Blackened Salmon</b> .....	<b>9.50</b>
<b>Baked Whitefish</b> .....	<b>7.75</b>

## Meals

Complete with your choice of veggie and starch

<b>Grilled Chicken</b> .....	<b>7.50</b>
<b>Roasted Turkey Breast</b> .....	<b>7.50</b>
<b>Cajun Pork Tenderloin</b> .....	<b>7.50</b>
<b>Parmesan Turkey Meatloaf</b> .....	<b>7.50</b>
<b>Chicken Stir Fry</b> .....	<b>7.50</b>
<b>Cajun Pot Roast</b> .....	<b>8.50</b>

## South of the Border

Complete with your choice of veggie and starch

<b>Fajitas</b> .....	<b>7.50</b>
Boneless, skinless chicken served with (2) tortillas and salsa.	
<b>Enchiladas</b> .....	<b>7.50</b>
Delicious blend of chicken, salsa verde and fat-free cream cheese, wrapped in a corn tortilla.	

Prices subject to change without notice.

## ITEMS MADE FRESH DAILY AND SUBJECT TO AVAILABILITY

### Veggies (as a side—\$1.50)

Broccoli—Green Beans—Spinach—Mushrooms—Veggie Medley—Side Salad

**Asparagus**..... **1.00 extra**

### Starches (as a side—\$1.50)

Smashed Potatoes—Oven Roasted Potatoes—Brown Rice—Refried Beans

**Sweet Potatoes**..... **1.00 extra**

**Pasta w/Sauce**..... **1.00 extra**

**Veggie Plate** ..... **4.50**

Your choice of (3) veggies and starches.

## Lighter Side

Complete with your choice of dressing

**Southwest Chicken Salad**..... **7.00**

Grilled chicken served on a bed of fresh greens garnished with corn, black beans, banana peppers, tomatoes and fat free cheese.

**Cobb Salad**..... **7.00**

Roasted turkey breast served on a bed of fresh greens garnished with diced egg, bell peppers, tomato and fat free cheese.

**Orient Express Salad**..... **7.00**

Grilled Chicken served on top of mixed greens, cranberries, nuts and goat cheese.

Ranch—Thousand Island—Italian—Raspberry Vinaigrette

## On the Sweeter Side

Mini and Regular Pies must be Pre-Ordered

**Protein Muffins**..... **1.00**

Banana Nut—Blueberry-Cranberry Orange-Cinnamon  
Chocolate Chocolate Chip

**Cookies (2pk)**..... **1.00**

Chocolate Chip—Oatmeal Raisin—White Chocolate  
Macadamia—White Chocolate Cranberry—Triple Threat

**Granola Bar**..... **2.00**

Apple Cinnamon—Blueberry Cranberry

**Pies Apple-Cherry-Peach** **Mini**..... **4.25**

**Regular**..... **13.00**

**Fruit Parfait**..... **4.50**

## Order Online at

[www.culinarycrossroad.com](http://www.culinarycrossroad.com)

or Call

**(903) 533-7974**

Culinary Crossroads  
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