Foundations Restaurant
Lunch Menu

Appetizers
Smoked Chicken Quesadilla
with avocado & goat cheese (4)

Roasted Red Bell Pepper Hummus
with Grilled Pita Bread (4)

Hot & Crunchy Avocado*
with herbed goat cheese & corn flake breading (4)

Salads & Soup
House Salad or Classic Caesar Salad
(sm. 2, lg. 4) add grilled chicken (3)

Soup of the Day
bowl (4) cup (2)

Chicken Salad Plate
with quinoa tabbouleh & fresh fruit (6)

Sandwiches (served with fried chips or french fries)
Chicken Salad
a pecan & grape chicken salad on toasted wheatberry bread (6)

The Platt Burger**
a 1/3lb. all-beef patty with tomato, lettuce, red onion & pickle (6) add cheese (cheddar, pepper jack, or swiss), bacon, or avocado (.50 each)

Bacon Lettuce & Tomato
a classic BLT on toasted wheatberry bread (6)

Grilled Portobello
a beautiful grilled portobello mushroom topped with sautéed onions, peppers, & jack cheese on a toasted roll (7)

Turkey, Avocado & Sprouts
a grilled turkey sandwich with jack cheese, avocado & alfalfa sprouts (6)

Shaved Roasted Pork Loin
perfectly roasted pork loin, shaved & served on a sweet corn hoagie with mango jalapeño slaw & chips (7)

Entrees
Penne Bolognaise
Italian sausage and ground beef in a rich tomato sauce tossed with Penne pasta (8)

Grilled Breast of Chicken
a 5 oz. breast of chicken with mango jalapeño sauce, rice pilaf, & sautéed vegetables (8)

Seared Tuna
atop mixed greens with a Thai Vinaigrette (11)

Hot & Crunchy Shrimp*
six fried shrimp in a tasty cornflake breading with mango aioli, rice pilaf & grilled asparagus (9)

Seared Salmon**
a 6 oz. salmon filet served atop Israeli couscous with baby greens & fresh garden herbs (10)

Braised Short Rib of Beef
with potato wedges (11)

Sides
Grilled Asparagus, Rice Pilaf, French Fries, Sweet Potato Fries, Potato Wedges, Chips, Fruit
or Sauteed Seasonal Vegetables (2)

Desserts
Assorted Daily Selections (3)

* Contains ingredients known to be allergens such as nuts and seeds.
** Consuming raw or undercooked meats may increase your risk of food borne illness, especially if you have certain medical conditions