

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 Bolognese
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)

*Grilled Ribeye Steak**
roasted root vegetables, potato wedges & Espagnole Sauce (12)

Sides

Grilled Asparagus, Rice Pilaf, French Fries, Sweet Potato Fries, Potato Wedges, Chips, Fruit or Sautéed 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