



May 4th Thru May 10th 2026

SALADS

Kick-In Kimchi Salad (V)

A bed of spinach topped with orange, kichi, feta, sesame seeds, fresh cilantro, and sesame ginger dressing

Add: chicken or shrimp

Mediterranean Salad (V)

A bed of lettuce topped with tomato, artichokes, olives, black beans, lemon wedge

Add: Chicken Breast or Shrimp

Chicken Caesar Salad

Romaine lettuce tossed with Caesar dressing and topped with grilled chicken

Fruit & Cottage Cheese Plate (V)

A combination of fresh seasonal fruit and cottage cheese served with a bran muffin

MAIN COURSE

Seared Barramundi (Mild White Fish)*

Topped with lemon dill sauce

Honey Sriracha Pork Chop*

A marinated grilled pork chop topped with a honey sriracha butter

Carne Asada (Steak) Burrito Bowl*

A bed of rice topped with charro beans, fajita, veggies, steak, guac a mole, salsa, cheddar and sour cream

Liver & Onions *

Topped with caramelized onions

Meat Lasagna

Served with garlic bread

Roasted Vegetable & Quinoa Bowl (V)

A bed of quinoa topped with spinach, zucchini, mushrooms, carrots, and roasted peppers

The Big “V” Burrito (V)

Tortilla filled potatoes, black beans, red onion, tofu, and Pico De Gallo

Grilled Chicken Breast

Served with your choice of sides

SANDWICHES & BURGERS

Gold Canyon Burger *

Your choice of cheddar, Swiss, or American cheese

Impossible Burger (V)

Gluten Free vegan patty topped with your choice of cheese

All Beef Hot Dog

1/4 pound hot dog on a bun with your choice of sides

Chicken, Fig, and Apple Grilled Cheese

Whole wheat bread, cheddar, and fig spread

Chicken Quesadilla

Flour tortilla topped with cheese, chicken, peppers, and onions

Smashed Avocado Black Bean Wrap(V)

Tortilla wrap filled with black bean patty, avocado, lettuce and tomato

SIDES

Ala Carte Sides \$1.50

French Fries

Sweet Potato Fries

Potato Salad (V)

Potato Chips

Fruit Salad

Cottage Cheese

Applesauce

Soup of the Day

Dessert of the Day

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk for foodborne illness.