

WHAT'S NEW?

FALL MENU

LUNCH PACKAGES

— *Rice Bowl Buffet* \$12.95 —

Choose and create a healthy, energy packed, make-your-own rice bowl bar

GRAINS / GREENS — CHOOSE 1 —

White Rice | Brown Rice | Wild Rice | Quinoa | Farro | Barley | Red Lentils
Spring Mix | Arugula | Baby Kale | Spinach | Chopped Romaine

MEAT / PROTEIN — CHOOSE 1 —

Diced Greek Chicken | Diced Jerk Chicken | Diced Bourbon Chicken | Diced Shawarma Chicken
Diced Ginger Glazed Chicken | Diced Citrus Chicken | Chipotle Spiced Tofu
Grilled Herbed Tofu | Kung Pao Chickpeas | Roasted Shawarma Chickpeas
Pan Seared Herbed Portabellas | Shredded BBQ Jackfruit | Falafel | Taco Beef
Curried Shrimp (+\$1.75) | BBQ Spiced Shrimp (+ \$1.75) | Lemon Garlic Shrimp (+\$1.75)

VEGETABLES / FRUIT — CHOOSE 2 —

Roasted Cauliflower | Steamed Lemon Broccoli | Sautéed Tri-Color Peppers | Grape Tomato
Shredded Carrots | Caramelized Onion | Diced Tomato-Cucumber | Roasted Sweet Potatoes
Pickled Vegetables | Roasted Carrots | Shredded Red Cabbage | Black Beans | Chickpeas
Edamame Beans | Pineapple | Mandarin Oranges

TOPPINGS — CHOOSE 1 —

Chopped Eggs | Shredded Parmesan | Cubed Feta Cheese | Cilantro Leaves
Lime Wedges | Shredded Cheddar

DIPS / SPREADS — CHOOSE 1 —

Salsa | Guacamole | Hummus | Roasted Pepper Hummus | Baba Ganoush | Pinto Bean Dip

DRESSINGS — CHOOSE 2 —

Balsamic Vinaigrette | Creamy Caesar Dressing | Asian Sesame Dressing
Ranch Dressing | Lemon Herb Tahini | Sriracha Yogurt Dressing | Tzatziki

Extras may be ordered a-la-carte in increments of 15

Grains / Greens - \$1.25pp, Meat / Protein \$3.75pp, Vegetables \$1.75pp, Toppings / Dips \$1.75pp

Signature PCC Rice Bowl Combos / Suggestions

JAMAICAN

Wild Rice
Diced Jerk Chicken
Roasted Sweet Potato
Black Beans
Shredded Cheddar
Guacamole
Honey-Lime Dressing &
Balsamic Vinaigrette

TERIYAKI STYLE

Brown Rice
Ginger Glazed Chicken
Pineapple
Shredded Carrots
Edamame
Steamed Broccoli
Asian Sesame Dressing &
Honey Lime Vinaigrette

LEBANESE

Chopped Romaine
Falafel
Roasted Cauliflower
Diced Tomato-Cucumber
Cubed Feta Cheese
Hummus
Lemon Herb Tahini &
Balsamic Vinaigrette

CALIFORNIA VEGGIE

Baby Spinach
Pan Seared Portabellas
Roasted Carrots
Grape Tomatoes
Chopped Eggs
Guacamole
Sriracha Yogurt Dressing
& Balsamic Vinaigrette

Or Create Your Own Tasty Combination!

— **Street Tacos Lunch \$12.50** —

Make-your-own taco spread served with Mexican rice and sweet & spicy pinto beans

Choose your taco starter (min 15 each)

Shredded Pork Carnitas | Chili Spiced Ground Beef | Cilantro Lime Chicken
Cornmeal Crusted Tilapia | Shredded Seasoned Jackfruit (vegan)

Includes: 6" flour & corn tortillas, shredded red cabbage, pineapple strips, lime wedges, cilantro leaves, pickled jalapenos, diced onion, chipotle crema (vegan)

— **Bahn Mi Style Sandwich Package \$8.25** —

Vietnamese style sandwiches made with pickled veggies: daikon, shredded carrots & cucumber

Choice of:

Tilapia | Shrimp | Sesame Crusted Tofu (vegan)

— **New Salads** —

minimum order of 10

- Spinach salad with crumbled blue cheese, dried cranberries, walnuts and balsamic vinaigrette\$5.15
- Spring mix with diced apple, strawberries, pecans, goat cheese with raspberry vinaigrette\$5.15
- Spring mix, teriyaki chicken, mandarin orange, edamame, wonton strips with Asian sesame dressing\$5.15
- Apple cole slaw with lime-agave dressing\$2.35

— **New Fall Soups \$59.00** —

Gallon (15 1-cup servings)

Mushroom Barley Soup (vegan)

Vegan Tortilla Soup

See our fall soup menu for a complete selection of soups



New Sandwich Creations from The PCC Test Kitchen

Included in our specialty sandwich packages

- **Shawarma Sandwiches:** Middle eastern style sandwiches made with lettuce, tomato, cucumber and garlic tahini sauce
Choice of: Roasted Seasoned Chickpeas - vegan | Grilled Seasoned Chicken
- **Po' boy Sandwiches:** Gulf coast style sandwiches with southwest mayo, lettuce, tomato
Choice of: Tilapia | Shrimp
- **Sweet and Spicy Fried Chicken Wrap:** Beer battered chicken with lettuce and honey buffalo sauce



PhillyFIT

— *Philly Fit Boxed & Bag Lunches* —

Healthy options for your calorie conscious guests

- **Under 700 Calories Boxed Lunch:** Includes full sandwich, baked potato chips, fruit cup and Nutri-Grain Bar. Choose Grilled Veggie on Ciabatta, Cheese and Roasted Pepper Sandwich, Turkey Sandwich, Grilled Portabella Sandwich, Grilled Chicken Sandwich, Roast Beef Sandwich
- **Under 500 Calories Bagged lunch:** Includes full sandwich, baked potato chips and fruit cup. Choose Grilled Veggie on Ciabatta, Cheese and Roasted Pepper Sandwich, Turkey Sandwich, Grilled Portabella Sandwich, Middle Eastern Hummus Wrap

