

Lunch Specials ~ Sunday, October 27, 2024

Starters

Chef's Choice Soup 2/3 Crunchy Salad (GF/D) 5/7

Shredded cabbage, frisee, kale, quinoa, craisins, apples, and honey vinaigrette

Frisée Salad (GF/DF) 5/7

Blonde frisée, maple smoked bacon, shaved shallot, and poached eggs with a bacon vinaigrette

Caesar Salad (D) 5/7

Romaine lettuce, Caesar dressing, house made croutons and Parmesan cheese

Sides & Extras

- Overnight Oats, flax seeds, chia seeds, berries, and Greek yogurt (D).
- Home fries 3
- Side of bacon, sausage, ham 2
- Two eggs, cooked to order 2
- Daily fruit 2
- Choice of toast 1.50
- Chef's Choice Dessert 1
- Mimosa 7
- Bloody Mary 7

Entrees

All entrees served choice of home fries or side mixed greens salad.

Eggs Benedict (D)

11

Poached eggs on grilled focaccia with Canadian bacon and topped with hollandaise

Eggs Florentine (D)

11

Poached eggs on grilled focaccia with artichoke relish, spinach, and tomato, topped with hollandaise

Three Egg Omelet

8

Choice of:

- Denver peppers, onion, ham
- Veggie spinach, mushrooms, peppers, onion
- Cheese Tillamook cheddar & Monterey jack

Buttermilk Pancakes (D)

8

- Maple syrup and whipped butter
- Fruit Compote and Whipped Cream

Monte Cristo Sandwich (D)

9

Egg-battered French bread with Swiss cheese, sliced turkey, sliced black forest ham, and served with a side of strawberry jam

White Oak Breakfast Burger

10

1/3-pound all-beef patty, Tillamook cheddar cheese, bacon and a fried egg served on a grilled brioche bun with lettuce, tomato, and red onion

Biscuits and Gravy (D)

8

House-made biscuits with your choice of vegetarian mushroom gravy, or sausage gravy.



Lunch Specials ~ Monday, October 28, 2024

Soups

Creamy Chicken Alfredo (D) 2/3 Celery Root and Apple (GF/DF/OF/VE) 2/3

Entrees

Southwest Chicken Wrap (DF) 5

Chipotle flour tortilla, grilled chicken breasts, romaine, peppers, olives, jicama, tortilla strips, cilantro lime vinaigrette, and chipotle aioli.

Southwest Tempeh Wrap (D/VG) 5

Chipotle flour tortilla, Gardein chick'n, romaine, olives, jicama, tortilla strips, cilantro lime vinaigrette, and chipotle aioli.

Dessert Lemon Bars (D) 1

Always Available

Salads 8	& Entrees
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Caesar Salad Garden Salad Crunchy Salad Chicken Breast Hot Dog Hamburger Veggie Burger

Sides

Steamed Spinach
Cottage Cheese
French Fries
Sweet Potato Fries
Mixed Fruit

Desserts

Ice Cream
Sugar-Free Ice Cream
Sorbet
Sugar-Free Dessert
Jello
Sugar-Free Jello

Beverages

Milk & Dairy: Skim Milk, 2% Milk, or Half & Half Juice: Apple, Orange, Prune, Cranberry, or V8



Lunch Specials ~ Tuesday, October 29, 2024

Soups

Beef Barley (DF) 2/3 Cauliflower, Kale, and Chickpea (GF/DF/OF/VE) 2/3 Entrees

Pork Chile Verde Bowl (GF/D)

Marinated pork, brown rice, ranchero beans, cheese, tomatoes, olives, green onions, cilantro, and salsa, sour cream, and guacamole on the side.

Soy Verde Bowl (GF/DF/VE)

Seasoned plant=based chicken, brown rice, ranchero beans, vegan cheddar cheese, tomatoes, olives, green onions, cilantro, and salsa, sour cream (D), and guacamole on the side.

Dessert Lemon Bars (D) 1 Always Available

Salads & Entrees	Sides	Desserts
Caesar Salad	Steamed Spinach	Ice Cream
Garden Salad	Cottage Cheese	Sugar-Free Ice Cream
Crunchy Salad	French Fries	Sorbet
Chicken Breast	Sweet Potato Fries	Sugar-Free Dessert
Hot Dog	Mixed Fruit	Jello
Hamburger		Sugar-Free Jello
Veggie Burger		

Beverages

Milk & Dairy: Skim Milk, 2% Milk, or Half & Half Juice: Apple, Orange, Prune, Cranberry, or V8



Lunch Specials ~ Wednesday, October 30, 2024

Soups

Sausage and Potato (GF/DF) 2/3 Golden Beet (GF/DF/OF/VE) 2/3

Entrees

Rice Noodles with Chicken (GF/DF) 5

Chicken breast, baby bok choy, baby corn, eggs, stir-fry sauce, and rice noodles.

Rice Noodles with Soy Curls (GF/DF/VG) 5

Soy curls, baby bok choy, baby corn, eggs, stir-fry sauce, and rice noodles.

Dessert Monster Cookies (D/Nuts) 1

Always Available

Salads	&	Entr	ees
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Caesar Salad Garden Salad Crunchy Salad Chicken Breast Hot Dog Hamburger Veggie Burger

Sides

Steamed Spinach
Cottage Cheese
French Fries
Sweet Potato Fries
Mixed Fruit

Desserts

Ice Cream
Sugar-Free Ice Cream
Sorbet
Sugar-Free Dessert
Jello
Sugar-Free Jello

Beverages

Milk & Dairy: Skim Milk, 2% Milk, or Half & Half

Juice: Apple, Orange, Prune, Cranberry, or V8



Lunch Specials ~ Thursday, October 31, 2024

Soups

Chicken Tikka Masala (GF/DF) 2/3

Note: Contains Pork

Mulligatawny (GF/DF/OF/VE) 2/3

Entrees

Spaghetti and Meatballs (D/A) 5

Spaghetti, beef and pork meatballs, marinara sauce, parmesan, and breadstick.

Spaghetti and Impossible Meatballs (D/A/VG) 5

Spaghetti, meatless meatballs, marinara sauce, parmesan, and breadstick.

Note: Gluten-Free Spaghetti Available on Request

Dessert Monster Cookies (D/Nuts) 1



Always Available

Salads & Entrees

Caesar Salad Garden Salad

Crunchy Salad

Chicken Breast

Hot Dog

Hamburger

Veggie Burger

Sides

Steamed Spinach
Cottage Cheese
French Fries
Sweet Potato Fries
Mixed Fruit

Desserts

Ice Cream
Sugar-Free Ice Cream
Sorbet
Sugar-Free Dessert
Jello
Sugar-Free Jello

Beverages

Milk & Dairy: Skim Milk, 2% Milk, or Half & Half Juice: Apple, Orange, Prune, Cranberry, or V8

Other: Coffee, Hot Tea, Iced Tea, Lemonade, Arnold Palmer, or Pink Lady

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy
(A) Contains Alcohol • (OF) Oil-Free



Lunch Specials ~ Friday, November 1, 2024

Soups

Cajun Shrimp and Corn Chowder (D) 2/3 Cajun Roasted Corn Chowder (GF/DF/OF/VE) 2/3

Note: Dairy Garnish Optional

Entrees

Five-Spice Chicken Salad (GF/DF/Nuts) 5

Five-spice marinated grilled chicken breast, spinach, red cabbage, arugula, red peppers, carrots, green onions, sesame seeds, cashews, and miso sesame dressing.

Five-Spice Soy Curl Salad (GF/DF/VE/Nuts) 5

Five-spice marinated soy curls, spinach, red cabbage, arugula, red peppers, carrots, green onions, sesame seeds, cashews, and miso sesame dressing.

Dessert Chai Blondie (D) 1 Always Available

Salads & Entrees

Caesar Salad
Garden Salad
Crunchy Salad
Chicken Breast
Hot Dog
Hamburger
Veggie Burger

Sides

Steamed Spinach
Cottage Cheese
French Fries
Sweet Potato Fries
Mixed Fruit

Desserts

Ice Cream
Sugar-Free Ice Cream
Sorbet
Sugar-Free Dessert
Jello
Sugar-Free Jello

Beverages

Milk & Dairy: Skim Milk, 2% Milk, or Half & Half Juice: Apple, Orange, Prune, Cranberry, or V8

Other: Coffee, Hot Tea, Iced Tea, Lemonade, Arnold Palmer, or Pink Lady

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy
(A) Contains Alcohol • (OF) Oil-Free



Lunch Specials ~ Saturday, November 2, 2024 Soups

Garden Vegetable (GF/DF/VE) 2/3 Roasted Cauliflower (GF/DF/OF/VE) 2/3

Entrees Patty Melt (D) 5

Rye bread, Swiss cheese, burger patty, 1000 island dressing, and caramelized onions.

Served with a side of curly fries.

Impossible Patty Melt (D/VG) 5

Rye bread, Swiss cheese, burger patty, 1000 island dressing, and caramelized onions. Served with a side of curly fries.

Dessert Chai Blondie (D) 1

Always Available

Salads & Entrees

Caesar Salad
Garden Salad
Crunchy Salad
Chicken Breast
Hot Dog
Hamburger
Veggie Burger

Sides

Steamed Spinach
Cottage Cheese
French Fries
Sweet Potato Fries
Mixed Fruit

Desserts

Ice Cream
Sugar-Free Ice Cream
Sorbet
Sugar-Free Dessert
Jello
Sugar-Free Jello

Beverages

Milk & Dairy: Skim Milk, 2% Milk, or Half & Half Juice: Apple, Orange, Prune, Cranberry, or V8