



RC Bar & Grill

Blue Zones[®] Menu

Hummus Plate \$8.95

House-made sun dried tomato hummus served with crispy celery, carrots, and pita bread.

Black Bean Ceviche \$7.95

House-made salsa mixed with cucumber, onion, jalapeno, black beans, and ceviche served with tortilla chips.

Chopped Salad \$10.95

Iceberg lettuce chopped with quinoa, corn, tomatoes, cilantro, black beans, and onions on top.

Spinach Salad \$10.95

Leafy spinach served with fresh strawberries, feta cheese.

Quinoa Vegetable Plate \$10.95

Vegetable quinoa medley including grilled mushrooms, zucchini, squash, grape tomatoes, and avocado.

Vegetarian Wrap \$10.95

Wheat tortilla wrap filled with sun-dried tomato hummus, fresh lettuce, tomato, avocado, grilled onions, green peppers, and mushrooms served with your choice of a side salad or fruit.

Add chicken for \$2.00 - Add fish or shrimp for \$3.00

Tax & Gratuity not included - 20% gratuity will be added

