



# RC Bar & Grill

## *Blue Zones<sup>®</sup> Menu*

### *Hummus Plate \$8.95*

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

### *Bruschetta Tray \$8.95*

Toasted bread topped with olive oil, fresh garlic, tomatoes, basil, Parmesan cheese, and a Balsamic glaze.

### *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

