PRICES INCLUDE 13.5% Tax

Grab n’ Go Available Daily from 7:30 a.m. to 1:30 p.m. ~ local - homemade - delicious - family-owned
**Lunch Menu**

**Served 11:30 a.m. - 1:30 p.m**

### EnTrées

- **Penne pasta bake** ................................................................. $10.00
  with Italian sausage and chicken with garlic bread and green beans

- **Fish cakes** ................................................................. $11.00
  with a side of tartar sauce with creamed asparagus and rice pilaf

- **Half and Half - Choose 2** ............................................. $9.00
  Half a sandwich (any weekly sandwich) and half an entrée salad or cup of soup

### Salads

- **Create your Own Salad** .............................................. $6.00
  Spinach, field greens, romaine, carrots, cucumbers, peppers, onions, scallions, blueberries, craisins, tomatoes, spicy almonds, strawberries, mushrooms, feta, parmesan, shredded cheddar, black beans, avocado, broccoli, olives and crackers

- **Add a protein** ............................................................. $2.50
  Chicken, turkey, ham, chicken salad

- **Half & Half** ................................................................. $9.00
  Choose Two: Half a sandwich (any weekly sandwich) and half an entrée salad or cup of soup

- **Salad Plate** ................................................................. $9.00
  Choose two: Pasta salad, cole-slaw, dual potato salad, herb roasted potato salad, side salad or fresh fruit
  Choose one: sliced chicken, ham salad, turkey or chicken salad

- **Chopped** ................................................................. $8.00 sm $10.00 lg
  with field greens, chicken, feta, black beans, scallions, mushrooms, peppers, cucumbers, tomatoes, avocado and choice of dressing

- **Caprese Salad** ............................................................ $8.00 sm $10.00 lg
  with spinach, chicken, avocado, fresh mozzarella, tomatoes, pesto and balsamic glaze

- **Field Green Salad** ..................................................... $8.00 sm $10.00 lg
  with strawberries, blueberries, almonds, feta, craisins, and chicken salad

### Flat Bread Pizzas

- **Veggie** ................................................................. $7.00
  Sauce, cheese, tomatoes, peppers, onions, mushrooms, olives

- **Greek** ................................................................. $7.00
  Sauce, feta, parmesan, tomatoes, cucumbers, onions, olives and chicken

- **Meatlovers** ............................................................. $7.00
  Bacon, pepperoni, sausage and ham

- **BBQ Chicken Pizza** .................................................. $7.00
  BBQ Sauce, BBQ chicken, onions, bacon, goat cheese

---

**PRICES INCLUDE 13.5% Tax**

**Grab n’ Go Available Daily from 7:30 a.m. to 1:30 p.m. ~ local - homemade - delicious - family-owned**
### Sandwiches

Served with a choice one side of pasta salad, dual potato salad, fresh fruit, side salad or chips and a pickle

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Combo</th>
<th>Sandwich Only</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shrimp burger</strong></td>
<td>$10.50</td>
<td>$8.75</td>
</tr>
<tr>
<td>On a bun with lettuce tomato and onion with a side of tomato jam</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Turkey melt</strong></td>
<td>$10.50</td>
<td>$8.75</td>
</tr>
<tr>
<td>on white with bacon, spicy mustard, pickled onions and cheddar cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BBQ chicken burrito</strong></td>
<td>$10.50</td>
<td>$8.75</td>
</tr>
<tr>
<td>with goat cheese, grilled peppers and onions, spinach and tomato</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chicken salad wrap</strong></td>
<td>$10.25</td>
<td>$8.50</td>
</tr>
<tr>
<td>with spinach and tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Turkey on wheatberry bread</strong></td>
<td>$10.50</td>
<td>$8.75</td>
</tr>
<tr>
<td>with cranberry mayo, brie, lettuce and tomato</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Veggie wrap</strong></td>
<td>$9.75</td>
<td>$8.00</td>
</tr>
<tr>
<td>with hummus, lettuce, tomato, black beans, roasted peppers and onions, mushrooms, cucumber</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chicken, bacon and ranch wrap</strong></td>
<td>$10.25</td>
<td>$8.50</td>
</tr>
</tbody>
</table>

**Walk-Ins Welcome or Place Your Order in Advance:**

Call x 7370 or Text 757-206-3212 (No voicemails please)

Place your order a minimum of 10 minutes ahead of your pick-up time.

### Featured Soup

**Corned beef and cabbage**

SM $5.00 / LG $7.00

### Beverages and Snacks

- Coffee/Iced tea $2.25
- Cup of ice $.50
- Bottled sodas/teas $2.25
- Monster $2.50
- Bottled juice $2.75
- Bottled water $2.00
- Canned Sparkling Water $2.00
- Cookie packs (chocolate chip cream, oatmeal cream, peanut butter chocolate cream) $2.25
- Peanut Butter and Chocolate Protein Bar (vegetarian) $2.00
- Lemon bar, peanut butter bar, brownie $2.75
- Coffee Cake $3.50
- Greek Yogurt $2.25
- Granola bars $1.50
- Chips $1.75

### Grab & Go

**Hummus and Veggies $5.00**
(a scoop of hummus with tomatoes, cucumbers, peppers and broccoli)

**Ice Cream Novelties:**
- Häagen-Dazs $2.25
- FatBoy Ice Cream Sandwich $1.75
- Kit-Kat drumstick $1.75

**Cookie Packs $2.25**
(chocolate chip cream, oatmeal cream, peanut butter chocolate cream)

- MOMO's Brazilian Coffee Blend $10.00 bag
- Homemade Basil Vinaigrette Dressing $8.00
- Homemade Sweet Onion Dressing $8.00

**PRICES INCLUDE 13.5% Tax**

Grab n’ Go Available Daily from 7:30 a.m. to 1:30 p.m. ~ local - homemade - delicious - family-owned
Family Take Home Dinner for Four
$30.00
for the week of March 29, 2021

Choose one of the following meal options

- Shepherd’s pie with rolls and a field green salad
- Ham and swiss stuffed chicken breast with herb-roasted potatoes and Brussel sprouts

- No Substitutions.
- Payment due when placing the order.
- Order day before, or morning of pick up.
- Pick-up is available in the Quark Café no later than 1:45 p.m. on your designated pick-up day.
- Food will be cold at pick-up and labeled with heating instructions.
- Refrigeration required after pick-up.

To place your order, Call x 7370 or Text 757-206-3212
(No voicemails please)

Monday – Friday by 10:00 a.m. for same day pickup

PRICES INCLUDE 13.5% Tax
Grab n’ Go Available Daily from 7:30 a.m. to 1:30 p.m. - local - homemade - delicious - family-owned