

# Lunch

## pastas

with soup or garden salad, +3.29

### Spicy Spaghetti & Arugula

zesty red sauce, red pepper flakes, shrimp & parmesan cheese, topped with fresh baby arugula, 11.99

### M Mosaic Signature Penné

smoked gouda cream sauce, olive oil, garlic, sun-dried tomatoes, spinach, parmesan cheese & bacon, 11.99

### Creamy Roasted Tomato Cavatappi

roasted tomato cream sauce, garlic, white wine, olive oil, fresh basil & parmesan cheese, 9.99

### V Curry Walnut Cavatappi

toasted walnuts, cavatappi pasta, cranberries, parmesan cheese, sweet yellow curry cream sauce & spinach, 10.99

with grilled shrimp, portobellos, +3.99, grilled chicken, +2.99

### Pasta for Two

enjoy a cup of soup or a garden salad each and one mosaic pasta prepared as two lunch-sized portions, 19.99<sup>+</sup>

+ dine-in only. add-ons, drinks, tax and gratuity additional. not valid with any other offers.

## fit 450

lightly sautéed, low in fat, high in protein!

less than 450 calories!

### M MMC Salmon

squash, zucchini, sun-dried tomatoes, artichoke hearts, olives, bell peppers, onions, spinach, grilled salmon (*wild-caught, sustainable*) & greek vinaigrette, 9.99

### Fit Shrimp

seared shrimp, onions, grape tomatoes, squash, carrots, spinach & thai chili vinaigrette, 9.99

### Fit Chicken

ginger chicken, toasted sesame seeds, zucchini, roasted red peppers, garlic, onions, carrots, snow peas, walnuts & spinach, 8.99

### M Fit Cobb Salad

chopped romaine in light, lemon vinaigrette topped with bacon, chopped tomatoes, grilled chicken, hard-boiled egg\* & gorgonzola cheese, 9.99

### V Fit Life Burgers

spicy, mini black bean burgers, grilled and served over spinach, garnished with edamame hummus, cucumber-yogurt sauce, feta cheese, grape tomatoes & roasted peppers, 8.99

## mosaic salads

### Italian Chopped Chicken Salad

mixed greens & arugula with sun dried tomatoes, roasted red & yellow peppers, pepperoncinis, olives, onions, artichoke hearts, gorgonzola, parmesan, croutons, almonds & grilled chicken in a lemon vinaigrette, 11.99

### V Mosaic Super-Fit Chopped Salad

fresh edamame, hard-boiled egg\*, toasted walnuts, cucumbers, tomatoes, cranberries, carrots, feta cheese, kale & spinach, lemon vinaigrette, 10.99

### M Oriental Chicken

chicken breast salad (sesame seeds, snow peas, scallions & walnuts), carrots, crunchy noodles, grape tomatoes, mixed greens, sesame-ginger vinaigrette, 10.99

### Chicken Santa Barbara Chopped

grilled chicken, cranberries, toasted almonds, cucumbers, tomatoes, shredded carrots, bell peppers, cheddar, mixed greens, spinach, raspberry-ranch dressing, 10.99

### Lamb & Feta Spinach

roasted leg of lamb, cranberries, feta, tomatoes, baby spinach, balsamic-dijon vinaigrette, 11.99

### Shrimp-Topped Aegean Chopped

grilled shrimp, fresh basil, feta, cucumbers, grape tomatoes, bell peppers, olives, onions, pepperoncinis, mixed greens, greek vinaigrette, 10.99

### Thai Sesame Tuna

sesame-crusting, seared rare tuna, shredded carrots, toasted almonds, crunchy noodles, cranberries, mixed greens, thai chili vinaigrette, 12.99

### M Chicken-Bacon-Gorgonzola Chopped

grilled chicken, carrots, onions, bacon, tomatoes, hard-boiled eggs\*, walnuts, gorgonzola, parmesan, mixed greens, spinach, balsamic-blue cheese dressing, 11.99

### M Half Salad & Soup

any half salad and your choice of a cup of any specialty soup, 9.99

**dressings** M balsamic-dijon vinaigrette, greek, lemon vinaigrette, balsamic-blue cheese, yogurt-ranch, sesame-ginger vinaigrette, housemade blue cheese, thai chili vinaigrette, raspberry-ranch, cider vinaigrette

## kids

under 12 only, please. 4.99; sub fruit for chips, +.99

**Quesadilla** with cheddar cheese & chips

**Grilled Chicken** with honey mustard & chips

**Grilled Cheese** on wheat with cheddar & chips

**Butter Pasta** penne with butter & parmesan



## small plates

### Sienna Pita Pizza

olive oil, gorgonzola, parmesan, walnuts, sun dried tomatoes, & purple onions, baked then topped with lemon vinaigrette-tossed baby arugula, 7.99; with grilled chicken, +2.99

### Duck Confit Quesadilla

tender braised duck leg, balsamic onions, candied jalapenos, cranberry slaw & pepper jack on flour tortilla, served with cucumber-yogurt on side, 9.99

### **M** **V** Edamame Hummus

garnished with feta, cucumber yogurt sauce & red onion, with zucchini rounds & warm pita bread, 6.99

### **V** Life Cakes (3)

spicy, mini black bean burgers with cucumber-yogurt sauce, feta cheese & candied jalapenos, 5.99

### Mini Crab Cakes (3)

pan-seared, served with chipotle tartar sauce, 7.99

### Mini Gorgonzola & Walnut Salad

mixed greens, sun-dried tomatoes, gorgonzola cheese, croutons, toasted walnuts, balsamic vinaigrette, 4.99

### **M** Smoked Gouda Dip (warm)

with parmesan bacon crust & pita chips, 5.99

### Mosaic Soups

tomato-basil, white bean turkey chili, or **soup of the day** 3.99 cup, 5.99 bowl

## mosaic sandwiches

### Salmon BLT Pita

grilled salmon, bacon, mixed greens, tomato & chipotle tartar sauce, 7.99

### Warm Turkey, Brie & Pear Sandwich

grilled pears, turkey, soft brie, cranberries, basil mustard, toasted wheat baguette, 7.99

### **M** Ultimate Gouda Grilled Cheese

smoked gouda pimento cheese, bacon, tomatoes, basil mustard, wheat baguette, 7.99

### **M** Roasted Lamb Pita

oven-roasted leg of lamb, mixed greens, tomatoes, cucumber-yogurt sauce, 8.99 with feta, +.99

### Chicken Club Pita

grilled chicken breast, bacon, cheddar, mixed greens, tomatoes, cucumber-yogurt sauce, 6.99

### Shem Creek Pita

grilled shrimp, smoked gouda pimento cheese, bacon, spinach, tomatoes, cucumber-yogurt sauce, 7.99

### Crab Cake Pita

pan-seared lump crab cake, mixed greens, tomatoes, chipotle tartar sauce, 8.99

### **V** Hot Portobello Club Pita

grilled portobellos, spinach, smoked gouda, artichoke hearts, basil mustard, 6.99

### **M** Charleston Chicken Roller

grilled chicken, bacon, smoked gouda pimento cheese, spinach, tomatoes, basil mustard, 7.99

### **V** Fit Black Bean Roller

grilled spicy black bean cakes, edamame hummus, cucumbers, feta, roasted red peppers, onions, fresh spinach, cucumber-yogurt, 7.99

### Turkey Club Roller

turkey, bacon, cheddar, spinach, tomatoes & basil mustard, 7.99

### **M** Atlantis Shrimp Roller

grilled shrimp, fresh mozzarella, spinach, tomatoes, artichoke hearts, cucumber-yogurt sauce, 7.99

### **M** Half Sandwich & Soup or Salad

any half sandwich and your choice of a cup of soup or a garden salad, 8.49

## burgers

*seasoned & grilled, served with mixed greens, tomatoes & onions on a toasted ciabatta roll*

**Mosaic Flounder** lightly breaded, pan fried, 8 oz. filet, cranberry cole slaw, chipotle tartar, 8.99

**1/2 lb. Angus\***, basil mustard, 7.49; with cheese, +.99

**Smoked Gouda Pimento Angus\***, basil mustard, 8.49

**Bacon-Blue Angus\***, gorgonzola, bacon, 9.49

**V Spicy Black Bean**, feta, candied jalapenos, cucumber-yogurt sauce, 6.49

## specialty sides

<b>M</b> grilled potatoes	2.00
fresh fruit (seasonal blend)	2.00
cranberry cole slaw	2.00
seasonal side salad	2.00
red skin potato salad	2.00
mini-garden salad (side)	2.00
regular garden salad	3.99
kettle potato chips	1.29
pita or wheat bread	1.29
soups	cup 3.99, bowl 5.99

### blue boxes feature our monthly specials!

**M** = mosaic favorite! **V** = vegetarian

While nuts may not be a key ingredient in every item, all are produced in the same area where products containing various nut items are created. Though best practices are used, inadvertent cross-contamination may occur.

18% gratuity may be added to groups of 6 or more.

\*consuming raw or undercooked meats or eggs may increase your risk of foodborne illness. 10/11

