



# 3 DAY WORKSHOP LUNCH OPTIONS **SAMPLE** - options may vary

## Day 1 **BURGER**

**BIG AL'S BURGERS**

### **CHOOSE ONE:**

- Burger (no cheese)
- Cheeseburger
- 60% Beef 40% Bacon
- Veggie Guac Burger (Beans)

### **TOPPINGS ON BURGER INCLUDE:**

cheese, lettuce, tomato, pickles, onion and a sauce, if you don't want one of those please make note here:

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**WE ALSO HAVE VARIETY OF CHIPS TO CHOOSE FROM.**

## Day 2 **MEXICAN**

**ILLEGAL PETE'S**

### **CHOOSE ONE:**

- Burrito
- Bowl with choice of:  
Chips /Tortilla

### **CHOOSE ONE OF EACH:**

Grilled Chicken / Veggies

White Rice / Brown Rice / None

Black Beans / Pinto Beans / None

### **SALSA**

- Mild
- Medium
- Corn (mild/med)
- Hot
- XXX Hot

### **TOPPINGS**

- Cheese
- Sour Cream
- Jalapeños
- Black Olives
- Diced Onion
- Cilantro
- Shredded Cabbage
- Lettuce

## Day 3 **SANDWICH / SALAD**

**SPOONS**

### **CHOOSE ONE:**

- Half Salad / Half Sandwich
- Sandwich Only
- Salad Only with additional choice of:  
Avocado / Bacon / Tuna / Chicken

### **SANDWICH OPTIONS:**

- HAM AND SWISS** (with Dijon mayo)
- TUNA MELT** (Tuna Salad, Swiss Cheese and Tomato)
- THE CLUB** (Herb Roasted Chicken, Bacon, Swiss Cheese, Tomato and Mayo)
- PESTO GOAT CHEESE** (Goat Cheese Blend with Pesto, topped with roasted tomato)
- CHIPOTLE CHICKEN** (Corned Beef, Swiss Cheese, 1000 Island, and Slaw)

### **SALAD OPTIONS:**

- CAESAR** (Romaine, Focaccia Croutons, Parmesan, Caesar dressing)
- FARMERS MARKET** (Greens & Spinach, Veggie Blend, Grape Tomatoes, Bleu Cheese, Italian Vinaigrette)
- APPLE POPPY SEED** (Greens & Spinach, Apples, Almonds, Poppy Seed Vinaigrette)

# **SAMPLE (do not fill out)**