

# Spirit of Washington Lunch Menus

Freshly prepared and seasonally inspired, our onboard buffet-style menu is the perfect sampling of flavors to satisfy all tastes.

## • BUFFET MENU

### • Salads

#### **Organic Mixed Field Greens**

Red Onions | Grape Tomatoes | Cucumbers | Shredded Carrots | Corn | Herb Croutons  
Ranch Dressing | Low-Fat Italian Dressing

#### **Organic Spinach & Kale Salad**

Aged Reggiano Parmesan Cheese | Red Bell Peppers | Red Onions | Lemon & Oregano Dressing

#### **Green Bean Salad**

Extra Virgin Olive Oil | Mint | Toasted Garlic

#### **Kidney Bean, Black Bean & Chickpea Salad**

Scallions | Italian Parsley | Cumin & Paprika Vinaigrette

#### **Red Beetroot Salad**

Shallots | Fresh Mint | Italian Parsley

#### **Bow Tie Pasta Salad**

Scallions | English Cucumbers | Roma Tomatoes | Dill & Mustard Vinaigrette

### Vegetables, Potatoes & Pasta

#### **Roasted Broccoli Florets**

Toasted Garlic | Chili Flakes

**Creamed Corn & Cheddar Cheese Casserole**

Green Chilies | Scallions | Fresh Cilantro

**Baked Ziti Pasta**

Aged Reggiano Parmesan Cheese | Mozzarella Cheese | Spinach & Garlic Sauce

**Mashed Potatoes**

Idaho Potatoes | Roasted Garlic

**Entrees**

**Oven Baked Atlantic Flounder Filet**

Tomato, Shallot & Caper Sauce

**Honey & Sesame Chicken**

Scallions | Fresno Chilies

**Italian Beef Meatballs**

Creamy Mushroom Sauce | Italian Parsley

**Desserts**

**Seasonal Fruit**

**Raspberry Mousse**

**Lemon Pound Cake & Fresh Strawberries**

**Coconut Vanilla Cake**

**Carrot Cake**

*\*Menu subject to change. Please inform your server if anyone in your party has a food allergy.*