



Served 11am - 2pm

STARTERS

Prosciutto, Brie, & Fig \$18

warm pita paired with creamy Brie, savory prosciutto, fig jam, topped with peppery greens

Edamame Hummus & Grilled Pita Bread V \$15

creamy edamame and chickpea hummus drizzled with avocado turmeric oil, topped with petite cilantro & crispy chickpeas, served with grilled pita bread

LIGHT BITES

Manchego Salad GF \$16

a vibrant chopped salad of crisp cucumber, petite heirloom tomatoes, sweet peppers, red onions, red gem lettuce, Manchego, and capers all tossed in a house-made Dijon vinaigrette

Roasted Corn Wedge Salad GF \$16

crisp baby iceberg wedges topped with grilled corn, cotija, crispy bacon, hard-boiled egg, and cherry tomatoes, finished with a zesty jalapeño ranch drizzle

Asian Pear & Blueberry Salad \$16

a refreshing blend of red gem lettuce and napa cabbage with juicy blueberries and strawberries, Asian pear, pomegranate seeds, feta, candied almonds, crisp wonton strips, and honey-ginger pomegranate dressing

PROTEIN ADDITIONS

boost muscle recovery and support stable energy with one of these add-ons

Organic Tofu GF . V \$10

Seared Salmon* GF \$15

Grilled Red Bird Farms Chicken Breast GF \$12

Seared Tuna* GF \$15

Prime Flat Iron Steak* GF \$15

Seared Shrimp GF \$15

ENTREES

Vegetable & Black Rice Stir-Fry GF . V \$18

brimming with color and crunch, this black rice stir-fry features cauliflower, broccoli, peppers, mushrooms red onion and Brussels sprout leaves in a ginger-pomegranate ponzu

Warm Pesto Orzo with Seared Salmon* \$25

seared salmon atop tender pesto orzo, finished with lemon crema, parmesan cheese, and micro basil

Turkey, Bacon Brie Sandwich \$20 

sliced turkey, crispy bacon stacked with creamy brie, fresh bibb lettuce, tomato and mayonnaise on toasted sourdough served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Grilled Bison Burger* \$22

a juicy grilled bison patty topped with sharp white cheddar, fresh lettuce, tomato, and onion, with our house-made special sauce served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Tacos, Tacos, Tacos GF

served on corn tortillas with chipotle aioli, cilantro cabbage slaw, pico de gallo, served with a frisée, arugula, and radicchio salad with an orange vinaigrette

Baja Tofu Tacos \$16

3 Chili Braised Chicken Tacos \$18

Cajun Shrimp Tacos \$22

Yellowfin Tuna Tacos* \$22

Chimichurri Carne Asada Tacos* \$22

WELLNESS ADDITIONS

To support the individual journey of eating towards better health, add any of the following wellness additions to best help you improve your health:

**chia seeds | turmeric oil | flax seeds | ashwagandha | moringa
avocado oil | pomegranate seeds | goji berries | açai powder**

+ \$0.75 each




PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley)

V = Vegan (contains no animal product. May contain honey.)

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

 Everyone deserves a meal at the table. Order a participating menu item to support Three Square's mission to help provide wholesome food to hungry people, while passionately pursuing a hunger-free community.



LUNCH