



**Pranzo Caffe is delighted to offer this lunch menu for the Spirit of Balance Workshop on November 2<sup>nd</sup>, 2022.**

**TO ORDER CALL: 1-203-220-5076**

Pranzo Caffe Bagged Lunch \$17 +tax  
Choose your freshly prepared Sandwich or Salad  
Choose your Deep River Potato Chips  
Choose your beverage  
Choose either 2 cookies or a brownie

### **Sandwiches**

#### **CLASSIC TURKEY CLUB**

roasted turkey breast, bacon, fresh tomatoes, and lettuce with mayonnaise

#### **ITALIAN HERO**

ham, cappicola, salame, provolone, lettuce, tomato, red onion, red wine vinaigrette

#### **CHICKEN ITALIANO**

marinated grilled chicken breast, fresh mozzarella, fresh tomato, oil and balsamic

#### **PRANZO ROAST BEEF**

house roasted beef, cheddar cheese, arugula, pickled red onions, horseradish mayo

#### **VEGAN**

chickpea hummus, grilled zucchini, eggplant, peppers, onions and tomatoes

### **Salads**

#### **MANGO + HONEY CHICKEN**

arugula + breaded, flash fried honey chicken + barley + dried apricot & cranberry + fresh mango + mango vinaigrette

#### **GRILLED CHICKEN + POACHED PEAR**

romaine lettuce + grilled chicken breast + wine poached pear slices + grapes + goat cheese + walnuts + balsamic vinaigrette

#### **TWO BEAN TUSCAN**

arugula + cannellini + garbanzo beans + grilled chicken breast + grated parmesan + red wine vinaigrette

#### **CLASSIC COBB**

Spinach + cherry tomato + bacon + egg + avocado + grilled chicken + blue cheese + balsamic vinaigrette

#### **BARLEY PANZANELLA (VEGETARIAN)**

romaine lettuce + barley + cherry tomato + perlini mozzarella + kalamata olives + red wine vinaigrette

**QUINOA + ROASTED VEGETABLE (VEGAN)**

baby kale + red & white quinoa + roasted seasonal vegetables + lemon vinaigrette

### **Deep River Chips**

Lightly Salted

Mesquite BBQ

Sour Cream and Onion

Salt and Cracked Pepper

Sweet Maui Onion

### **Beverages**

Bottled Water

12 oz Coke, Diet Coke, Dr Pepper, Diet Dr Pepper, Sprite

### **Dessert**

Cookies - Chocolate Chip, Oatmeal, Peanut Butter, Ginger Snap, Triple Chocolate  
OR 1 Homemade Brownie