



# LUNCH MENU

11:00 a.m. – 2:00 p.m.

## ***Our Daily Blue Plate Special***

This is today's chef's selection using the finest ingredients available. A complete meal!  
Market Price

## ***Our Soup of the Day***

You can't go wrong if you pick this one! Served with a roll.  
Cup • Bowl

## ***Soup and Salad***

A cup of "Our Soup of the Day" & a small Regis salad served with a roll.  
Bowl of soup with salad

## ***Regis Green Salad***

A beautiful selection of fresh salad makings served with your choice of dressing. Served with a roll.  
Large • Small

## ***Greek Salad***

Lettuce, cucumbers, tomatoes, kalamata olives, artichoke hearts, and feta cheese. With Greek yogurt dressing and a roll.  
Large • Small

## ***Spinach Salad***

Choice of cheese, apples, or sunflower seeds served with your choice of dressing. Served with a roll.  
Large • Small

## ***Wild Salmon Filet on Greens***

A medley of lettuce, tomato, dried cranberries cucumber and sliced almonds - topped with a wild salmon filet. Choice of dressing.

## ***Luncheon Salad***

Lettuce, white cheddar, ham, & tomatoes served with your choice of dressing and a roll.  
Large • Small

## ***Sandwiches***

Served with homefries  
(cup of soup or small salad instead of fries, extra)

## ***Word Street Turkey Sandwich***

With your choice of cheese  
Grilled or served cold with lettuce, tomatoes, & mayo!  
Whole • Half • extra turkey

## ***The Full Montana***

An old fashion roast beef, "sink your teeth into" kind of sandwich, with grilled onions & melted cheddar cheese.  
Make it extra beefy

## ***Ham & Cheese***

An all-time favorite. Your choice of cheese.  
Grilled or served cold with lettuce, tomatoes, & mayo.  
Whole • Half • Ham it up (extra meat)

## ***Cheesey Cheese***

Your choice of two cheeses  
Grilled or served cold with lettuce, tomatoes, & mayo.  
Whole • Half

## ***BLT***

Bacon on whole wheat toasted bread with lettuce, tomatoes, & mayo.  
Whole • Half • Extra bacon

## ***BLAT***

Bacon, lettuce, avocado, & tomato on a croissant with mayo.  
Extra bacon



## ***Bar-B-Que Tofu***

Grilled tofu flavored with sauce, spices & nutritional yeast. Topped with onions and lettuce on a whole wheat bun