

# *Aegis of Bellevue*

## *Traditional Selections*

### **The Aegis Burger**

Grilled Third-pound All Natural Grass-fed Hamburger Patty,  
Topped with Cheddar Cheese and Served with Homemade Pickle Slices,  
Bibb Lettuce and Roma Tomatoes.

### **Chicken Salad Sandwich**

Diced Chicken & Dried Cranberries in a Tarragon-Lemon Mayonnaise.  
Served on Choice of Bread with Bibb Lettuce & Roma Tomato Slices.

### **Grilled Turkey & Swiss Sandwich**

Oven-roasted Turkey Breast & Swiss Cheese Grilled to Perfection  
On Sourdough Bread with Optional Roma Tomato Slices

### **French Dip Sandwich**

Hot Sliced Roast Beef served on a Toasted Hoagie Roll 'au Jus'.  
With a side of Coleslaw.

### **Herb-Crusted Rotisserie Chicken**

Quarter of a Roasted Washington-raised Chicken (Light or Dark meat),  
Served with Crisp Lettuce tossed in a Homemade Cranberry Vinaigrette.

## *Healthy Selections*

### **Aegis of Bellevue Caesar Salad**

Crisp Romaine Lettuce Tossed in Housemade Caesar Dressing, with Homemade Croutons  
and Parmesan Cheese. Top with Optional Grilled Chicken to make it a meal.

### **Strawberry Spinach Salad**

Fresh Ripe Strawberries on Baby Spinach with Goat Cheese,  
Pine Nuts & Champagne Vinaigrette.

### **Northwest Asparagus Salad**

Fresh Spring Greens with Local Yakima Asparagus, Roasted Red Peppers & Crumbled  
Feta Cheese tossed in Creamy Sherry Vinaigrette

### **Aegis Fruit Plate**

Fresh Seasonal Fruit Selection Served with Low-fat Cottage Cheese  
on a Bed of Romaine Lettuce.