

Lunch

pastas

Spring Vegetable Pasta

asparagus, edamame, fresh tarragon, roasted red pepper, baby spinach, lemon zest, parmesan & cavatappi pasta in a light edamame cream sauce, 11.99; with grilled salmon, +3.99

M Mosaic Signature Penné

smoked gouda cream sauce, olive oil, garlic, sun-dried tomatoes, spinach, parmesan cheese & bacon, 11.99

Creamy Roasted Tomato Cavatappi

roasted tomato cream sauce, garlic, white wine, olive oil, fresh basil & parmesan cheese, 9.99

with grilled shrimp, portobellos, +3.99, grilled chicken, +2.99

Pasta for Two

enjoy a cup of soup or a garden salad each and one mosaic pasta prepared as two lunch-sized portions, 19.99*

+ dine-in only. add-ons, drinks, tax and gratuity additional. not valid with any other offers.

fit 450

lightly sautéed, low in fat, high in protein!

less than 450 calories!

Fit Tuscan Kale & Chicken

tender kale, grilled chicken (3 oz.), fresh lemon juice, olive oil, parmesan cheese, almonds, grape tomatoes, 9.99

M MMC Salmon

squash, zucchini, sun-dried tomatoes, artichoke hearts, olives, bell peppers, onions, spinach, grilled salmon (*wild-caught, sustainable*) & lemon-herb vinaigrette, 9.99

Fit Chicken

ginger chicken, toasted sesame seeds, zucchini, roasted red peppers, garlic, onions, carrots, snow peas, walnuts & spinach, 8.99

M Fit Cobb

chopped romaine in light, lemon vinaigrette topped with bacon, chopped tomatoes, grilled chicken, hard-boiled egg* & gorgonzola cheese, 9.99

V Fit Life Burgers

spicy, mini black bean burgers, grilled & served over spinach, garnished with edamame hummus, cucumber-yogurt sauce, feta, grape tomatoes & roasted peppers, 8.99

MOSAIC salads

Strawberry-Chicken

fresh strawberries, grilled chicken breast, walnuts, feta cheese, grape tomatoes & red onions over spinach and romaine, with strawberry-rhubarb balsamic vinaigrette dressing on the side, 10.99

Mark Antony

grilled balsamic portobellos over romaine & arugula with sun dried tomatoes, pepperoncinis, olives, onions, artichoke hearts, gorgonzola, herbed-cROUTONS, parmesan & light caesar dressing, 11.99

M Oriental Chicken

chicken breast salad (sesame seeds, snow peas, scallions & walnuts), carrots, crunchy noodles, grape tomatoes, mixed greens & sesame-ginger vinaigrette, 10.99

Super-Fit Salad

fresh edamame, hard-boiled egg*, toasted walnuts, cucumbers, tomatoes, cranberries, carrots, feta cheese, Tuscan kale, spinach & lemon-herb vinaigrette, 10.99 with grilled salmon, +3.99

Thai Sesame Tuna

sesame-crust, seared rare tuna, shredded carrots, toasted almonds, crunchy noodles, cranberries, mixed greens, thai chili vinaigrette, 12.99

Chicken Santa Barbara Chopped

grilled chicken, cranberries, toasted almonds, cucumbers, tomatoes, shredded carrots, bell peppers, cheddar, mixed greens, spinach & raspberry-ranch dressing, 10.99

M Chicken-Bacon-Gorgonzola Chopped

grilled chicken, carrots, onions, bacon, tomatoes, hard-boiled eggs*, walnuts, gorgonzola, parmesan, mixed greens, spinach & balsamic-blue cheese dressing, 11.99

M Half Salad & Soup

any half salad & your choice of a cup of any specialty soup, 9.99

dressings **M** balsamic-dijon vinaigrette, lemon-herb vinaigrette, balsamic-blue cheese, yogurt-ranch, sesame-ginger vinaigrette, housemade blue cheese, thai chili vinaigrette, raspberry-ranch



kids

under 12 only, please. 4.99; sub fruit for chips, +.99

Quesadilla with cheddar cheese & chips

Grilled Chicken with honey mustard & chips

Grilled Cheese on wheat with cheddar & chips

Butter Pasta penne with butter & parmesan

small plates

Bite-sized Baked Brie Bites (4)

baked in puff pastry with fresh, seasonal strawberry-rhubarb preserves, 7.99

Caprese Pizza

grilled chicken breast, fresh mozzarella, parmesan, tomatoes, & basil pesto aioli sauce, topped with lemon vinaigrette-tossed arugula & basil, drizzled with a balsamic reduction, on thin 9" pita crust, 9.99

M Smoked Gouda Dip (warm)

with parmesan bacon crust & pita chips, 6.99

V Life Cakes (3)

spicy, mini black bean burgers with cucumber-yogurt sauce, feta cheese & candied jalapenos, 5.99

Mini Crab Cakes (3)

pan-seared, served with chipotle tartar sauce, 7.99

M V Edamame Hummus

garnished with feta, cucumber yogurt sauce & red onion, with zucchini rounds & warm pita bread, 6.99

Salad & Soups

Mini Gorgonzola Walnut, 4.99

Classic Garden Salad, 3.99

Tomato-Basil, White Bean Turkey Chili, or
Soup of the Day, 3.99 cup; 5.99 bowl

MOSAIC sandwiches

Fit Turkey Roller

all natural turkey breast, edamame-hummus, cucumbers, spinach, feta & cranberry slaw on tortilla, 7.99

Bistro Beef-Gorgonzola Sandwich

hand-carved, medium rare angus beef, balsamic onions, gorgonzola, arugula, tomatoes & horseradish aioli on foccacia, 7.99

Chicken Caprese Sandwich

thinly sliced, grilled chicken, fresh mozzarella, arugula, tomatoes & basil pesto aioli on foccacia, 7.99

M Ultimate Gouda Grilled Cheese

smoked gouda pimento cheese, bacon, tomatoes, basil mustard, wheat baguette, 7.99

M Roasted Lamb Pita

oven-roasted leg of lamb, mixed greens, tomatoes, cucumber-yogurt sauce, 8.99 with feta, +.99

Chicken Club Pita

grilled chicken breast, bacon, cheddar, mixed greens, tomatoes, cucumber-yogurt sauce, 6.99

Shem Creek Pita

grilled shrimp, smoked gouda pimento cheese, bacon, spinach, tomatoes, cucumber-yogurt sauce, 7.99

V Fit Black Bean Roller

grilled spicy black bean cakes, edamame hummus, cucumbers, feta, roasted red peppers, onions, fresh spinach, cucumber-yogurt, 7.99

Crab Cake Pita

pan-seared lump crab cake, mixed greens, tomatoes, chipotle tartar sauce, 7.99

V Hot Portobello Club Pita

grilled portobellos, spinach, smoked gouda, artichoke hearts, basil mustard, 6.99

M Charleston Chicken Roller

grilled chicken, bacon, smoked gouda pimento cheese, spinach, tomatoes, basil mustard, 7.99

M Atlantis Shrimp Roller

grilled shrimp, fresh mozzarella, spinach, tomatoes, artichoke hearts, cucumber-yogurt sauce, 7.99

M Half Sandwich & Soup or Salad

any half sandwich & your choice of a cup of soup or a regular garden salad, 8.49

burgers

seasoned & grilled, with mixed greens, tomatoes & onions on a grilled challah roll

1/2 lb. Angus *, basil mustard, 7.49; with cheese, +.99

Smoked Gouda Pimento Angus *, basil mustard, 8.49

Bacon-Blue Angus *, gorgonzola, bacon, 9.49

Grilled Mahi blackened mahi mahi topped with spiced rum infused mango salsa, with chipotle tartar on the side, 9.99

specialty sides

M grilled potatoes	2.00
fresh fruit (seasonal blend)	2.00
cranberry cole slaw	2.00
red skin potato salad	2.00
mini-garden side salad	2.00
regular garden salad	3.99
kettle potato chips	1.29
pita or wheat baguette	1.29

Blue boxes feature our monthly specials!

M = mosaic favorite! **V** = vegetarian

While nuts may not be a key ingredient in every item, all are produced in the same area where products containing various nut items are created. Though best practices are used, inadvertent cross-contamination may occur.

18% gratuity may be added to groups of 6 or more.

*consuming raw or undercooked meats or eggs may increase your risk of foodborne illness. 10/11

