



## SALADS

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

### CHICKEN & ANCIENT GRAIN SALAD

Farro, Barley, Arugula, and Manchego Cheese

### SOUTHWESTERN BEEF SALAD\*

Grilled Corn, Black Beans, Guacamole, Tortilla Strips

### LENTIL QUINOA BOWLS

Antibiotic Free Chicken, Quinoa, Brown Rice, Tomato, Sofrito, Kale, Spinach

### CHICKEN TERIYAKI SALAD

Mixed Lettuce, Cabbage, Honey Teriyaki Dressing, Peanuts, Shaved Vegetables

### SPINACH ROQUEFORT SALAD

Light Balsamic Dressing, Cranberries, Walnuts and Frisée

## SIGNATURE OFFERING

### THE FRANCESINHA

Braised Pork Belly, Chorizo, Sliced Ham, Linguiça Sausage, Melted Cheddar Cheese, Tomato Beer Sauce

## DAILY CARVING

### DAILY CARVED SANDWICH

## DAILY SOUPS

### CREAM OF TOMATO

### CHICKEN NOODLE

## HANDHELDS

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

### ASIAGO STEAK SANDWICH\*

Grilled Steak, Asiago Cheese, Lettuce, Horseradish Aioli

### CHICKEN PESTO

Grilled Chicken Breast, Basil Pesto, Tomato, Mozzarella, Balsamic Glaze

### REUBEN PANINI

Smoked Corned Beef, Sauerkraut, Melted Swiss, Thousand Island Dressing, Rye Bread

### TUNA SALAD PITA

Lemon, Celery, Mayonaise, Extra Virgin Olive Oil, Lettuce, Tomato, Red Onion

### HERB MARINATED CHICKEN SALAD PITA

Roasted Garlic Mayonaise, Lettuce, Tomato, Red Onion

### ROASTED SQUASH PITA

Spiced Hummus, Tumeric Cauliflower

## SANDWICHES

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

### CHICKEN BLT

Grilled Chicken Breast, Smoked Bacon, Butter, Lettuce, Heirloom Tomatoes, Roasted Garlic Aioli

### ROASTED TURKEY & CRANBERRY CIABATTA

Free Range Turkey, Vermont Cheddar, Fresh Walnut Bread

### CURRY GRILLED CHICKEN WRAP

Mango Salsa, Shaved Romaine

### VEGETARIAN AVOCADO

Tomato, Mizuna, House made Pickles, Sesame Hummus

[FreestyleTravelers.com](http://FreestyleTravelers.com)

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



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All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

### CHICKEN & ANCIENT GRAIN SALAD

Farro, Barley, Arugula, and Manchego Cheese

### SOUTHWESTERN BEEF SALAD\*

Grilled Corn, Black Beans, Guacamole, Tortilla Strips

### LENTIL QUINOA BOWLS

Antibiotic Free Chicken, Quinoa, Brown Rice, Tomato, Sofrito, Kale, Spinach

### CHICKEN TERIYAKI SALAD

Mixed Lettuce, Cabbage, Honey Teriyaki Dressing, Peanuts, Shaved Vegetables

### SPINACH ROQUEFORT SALAD

Light Balsamic Dressing, Cranberries, Walnuts and Frisée

## SIGNATURE OFFERING

### THE FRANCESINHA

Braised Pork Belly, Chorizo, Sliced Ham, Linguiça Sausage, Melted Cheddar Cheese, Tomato Beer Sauce

## DAILY CARVING

### DAILY CARVED SANDWICH

## DAILY SOUPS

### CREAM OF ROASTED POTATO

### RED BEAN & TURKEY

## HANDHELDS

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

### ASIAGO STEAK SANDWICH\*

Grilled Steak, Asiago Cheese, Lettuce, Horseradish Aioli

### CHICKEN PESTO

Grilled Chicken Breast, Basil Pesto, Tomato, Mozzarella, Balsamic Glaze

### REUBEN PANINI

Smoked Corned Beef, Sauerkraut, Melted Swiss, Thousand Island Dressing, Rye Bread

### TUNA SALAD PITA

Lemon, Celery, Mayonaise, Extra Virgin Olive Oil, Lettuce, Tomato, Red Onion

### HERB MARINATED CHICKEN SALAD PITA

Roasted Garlic Mayonaise, Lettuce, Tomato, Red Onion

### ROASTED SQUASH PITA

Spiced Hummus, Tumeric Cauliflower

## SANDWICHES

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

### CHICKEN BLT

Grilled Chicken Breast, Smoked Bacon, Butter, Lettuce, Heirloom Tomatoes, Roasted Garlic Aioli

### ROASTED TURKEY & CRANBERRY CIABATTA

Free Range Turkey, Vermont Cheddar, Fresh Walnut Bread

### CURRY GRILLED CHICKEN WRAP

Mango Salsa, Shaved Romaine

### VEGETARIAN AVOCADO

Tomato, Mizuna, House made Pickles, Sesame Hummus

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## SALADS

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

**CHICKEN & ANCIENT GRAIN SALAD**  
Farro, Barley, Arugula, and Manchego Cheese

**SOUTHWESTERN BEEF SALAD\***  
Grilled Corn, Black Beans, Guacamole, Tortilla Strips

**LENTIL QUINOA BOWLS**  
Antibiotic Free Chicken, Quinoa, Brown Rice, Tomato, Sofrito, Kale, Spinach

**CHICKEN TERIYAKI SALAD**  
Mixed Lettuce, Cabbage, Honey Teriyaki Dressing, Peanuts, Shaved Vegetables

**SPINACH ROQUEFORT SALAD**  
Light Balsamic Dressing, Cranberries, Walnuts and Frisée

## SIGNATURE OFFERING

### THE FRANCESINHA

Braised Pork Belly, Chorizo, Sliced Ham, Linguiça Sausage, Melted Cheddar Cheese, Tomato Beer Sauce

## DAILY CARVING

### DAILY CARVED SANDWICH

## SANDWICHES

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

**CHICKEN BLT**  
Grilled Chicken Breast, Smoked Bacon, Butter, Lettuce, Heirloom Tomatoes, Roasted Garlic Aioli

**ROASTED TURKEY & CRANBERRY CIABATTA**  
Free Range Turkey, Vermont Cheddar, Fresh Walnut Bread

**CURRY GRILLED CHICKEN WRAP**  
Mango Salsa, Shaved Romaine

**VEGETARIAN AVOCADO**  
Tomato, Mizuna, House made Pickles, Sesame Hummus

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## HANDHELDS

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

**ASIAGO STEAK SANDWICH\***  
Grilled Steak, Asiago Cheese, Lettuce, Horseradish Aioli

**CHICKEN PESTO**  
Grilled Chicken Breast, Basil Pesto, Tomato, Mozzarella, Balsamic Glaze

**REUBEN PANINI**  
Smoked Corned Beef, Sauerkraut, Melted Swiss, Thousand Island Dressing, Rye Bread

**TUNA SALAD PITA**  
Lemon, Celery, Mayonaise, Extra Virgin Olive Oil, Lettuce, Tomato, Red Onion

**HERB MARINATED CHICKEN SALAD PITA**  
Roasted Garlic Mayonaise, Lettuce, Tomato, Red Onion

**ROASTED SQUASH PITA**  
Spiced Hummus, Tumeric Cauliflower

## DAILY SOUPS

### ENGLISH PEA & MINT

### CREAM OF VEGETABLE

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### CHICKEN & ANCIENT GRAIN SALAD

Farro, Barley, Arugula, and Manchego Cheese

### SOUTHWESTERN BEEF SALAD\*

Grilled Corn, Black Beans, Guacamole, Tortilla Strips

### LENTIL QUINOA BOWLS

Antibiotic Free Chicken, Quinoa, Brown Rice, Tomato, Sofrito, Kale, Spinach

### CHICKEN TERIYAKI SALAD

Mixed Lettuce, Cabbage, Honey Teriyaki Dressing, Peanuts, Shaved Vegetables

### SPINACH ROQUEFORT SALAD

Light Balsamic Dressing, Cranberries, Walnuts and Frisée

## HANDHELDS

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

### ASIAGO STEAK SANDWICH\*

Grilled Steak, Asiago Cheese, Lettuce, Horseradish Aioli

### CHICKEN PESTO

Grilled Chicken Breast, Basil Pesto, Tomato, Mozzarella, Balsamic Glaze

### REUBEN PANINI

Smoked Corned Beef, Sauerkraut, Melted Swiss, Thousand Island Dressing, Rye Bread

### TUNA SALAD PITA

Lemon, Celery, Mayonaise, Extra Virgin Olive Oil, Lettuce, Tomato, Red Onion

### HERB MARINATED CHICKEN SALAD PITA

Roasted Garlic Mayonaise, Lettuce, Tomato, Red Onion

### ROASTED SQUASH PITA

Spiced Hummus, Tumeric Cauliflower

## SANDWICHES

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

### CHICKEN BLT

Grilled Chicken Breast, Smoked Bacon, Butter, Lettuce, Heirloom Tomatoes, Roasted Garlic Aioli

### ROASTED TURKEY & CRANBERRY CIABATTA

Free Range Turkey, Vermont Cheddar, Fresh Walnut Bread

### CURRY GRILLED CHICKEN WRAP

Mango Salsa, Shaved Romaine

### VEGETARIAN AVOCADO

Tomato, Mizuna, House made Pickles, Sesame Hummus

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## SIGNATURE OFFERING

### THE FRANCESINHA

Braised Pork Belly, Chorizo, Sliced Ham, Linguica Sausage, Melted Cheddar Cheese, Tomato Beer Sauce

## DAILY CARVING

### DAILY CARVED SANDWICH

## DAILY SOUPS

### BLACK BEAN

### VEGETARIAN TORTILLA

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**CHICKEN & ANCIENT GRAIN SALAD**  
Farro, Barley, Arugula, and Manchego Cheese

**SOUTHWESTERN BEEF SALAD\***  
Grilled Corn, Black Beans, Guacamole, Tortilla Strips

**LENTIL QUINOA BOWLS**  
Antibiotic Free Chicken, Quinoa, Brown Rice, Tomato, Sofrito, Kale, Spinach

**CHICKEN TERIYAKI SALAD**  
Mixed Lettuce, Cabbage, Honey Teriyaki Dressing, Peanuts, Shaved Vegetables

**SPINACH ROQUEFORT SALAD**  
Light Balsamic Dressing, Cranberries, Walnuts and Frisée

## HANDHELDS

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

**ASIAGO STEAK SANDWICH\***  
Grilled Steak, Asiago Cheese, Lettuce, Horseradish Aioli

**CHICKEN PESTO**  
Grilled Chicken Breast, Basil Pesto, Tomato, Mozzarella, Balsamic Glaze

**REUBEN PANINI**  
Smoked Corned Beef, Sauerkraut, Melted Swiss, Thousand Island Dressing, Rye Bread

**TUNA SALAD PITA**  
Lemon, Celery, Mayonaise, Extra Virgin Olive Oil, Lettuce, Tomato, Red Onion

**HERB MARINATED CHICKEN SALAD PITA**  
Roasted Garlic Mayonaise, Lettuce, Tomato, Red Onion

**ROASTED SQUASH PITA**  
Spiced Hummus, Tumeric Cauliflower

## SANDWICHES

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

**CHICKEN BLT**  
Grilled Chicken Breast, Smoked Bacon, Butter, Lettuce, Heirloom Tomatoes, Roasted Garlic Aioli

**ROASTED TURKEY & CRANBERRY CIABATTA**  
Free Range Turkey, Vermont Cheddar, Fresh Walnut Bread

**CURRY GRILLED CHICKEN WRAP**  
Mango Salsa, Shaved Romaine

**VEGETARIAN AVOCADO**  
Tomato, Mizuna, House made Pickles, Sesame Hummus

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## SIGNATURE OFFERING

### THE FRANCESINHA

Braised Pork Belly, Chorizo, Sliced Ham, Linguiça Sausage, Melted Cheddar Cheese, Tomato Beer Sauce

## DAILY CARVING

### DAILY CARVED SANDWICH

## DAILY SOUPS

### SPICED LENTIL

### GARDEN VEGETABLE MINISTRONE

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### CHICKEN & ANCIENT GRAIN SALAD

Farro, Barley, Arugula, and Manchego Cheese

### SOUTHWESTERN BEEF SALAD\*

Grilled Corn, Black Beans, Guacamole, Tortilla Strips

### LENTIL QUINOA BOWLS

Antibiotic Free Chicken, Quinoa, Brown Rice, Tomato, Sofrito, Kale, Spinach

### CHICKEN TERIYAKI SALAD

Mixed Lettuce, Cabbage, Honey Teriyaki Dressing, Peanuts, Shaved Vegetables

### SPINACH ROQUEFORT SALAD

Light Balsamic Dressing, Cranberries, Walnuts and Frisée

## SIGNATURE OFFERING

### THE FRANCESINHA

Braised Pork Belly, Chorizo, Sliced Ham, Linguiça Sausage, Melted Cheddar Cheese, Tomato Beer Sauce

## DAILY CARVING

### DAILY CARVED SANDWICH

## DAILY SOUPS

### BEEF & BARLEY

### NEW ENGLAND CLAM CHOWDER

## HANDHELDS

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

### ASIAGO STEAK SANDWICH\*

Grilled Steak, Asiago Cheese, Lettuce, Horseradish Aioli

### CHICKEN PESTO

Grilled Chicken Breast, Basil Pesto, Tomato, Mozzarella, Balsamic Glaze

### REUBEN PANINI

Smoked Corned Beef, Sauerkraut, Melted Swiss, Thousand Island Dressing, Rye Bread

### TUNA SALAD PITA

Lemon, Celery, Mayonaise, Extra Virgin Olive Oil, Lettuce, Tomato, Red Onion

### HERB MARINATED CHICKEN SALAD PITA

Roasted Garlic Mayonaise, Lettuce, Tomato, Red Onion

### ROASTED SQUASH PITA

Spiced Hummus, Tumeric Cauliflower

## SANDWICHES

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

### CHICKEN BLT

Grilled Chicken Breast, Smoked Bacon, Butter, Lettuce, Heirloom Tomatoes, Roasted Garlic Aioli

### ROASTED TURKEY & CRANBERRY CIABATTA

Free Range Turkey, Vermont Cheddar, Fresh Walnut Bread

### CURRY GRILLED CHICKEN WRAP

Mango Salsa, Shaved Romaine

### VEGETARIAN AVOCADO

Tomato, Mizuna, House made Pickles, Sesame Hummus

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### CHICKEN & ANCIENT GRAIN SALAD

Farro, Barley, Arugula, and Manchego Cheese

### SOUTHWESTERN BEEF SALAD\*

Grilled Corn, Black Beans, Guacamole, Tortilla Strips

### LENTIL QUINOA BOWLS

Antibiotic Free Chicken, Quinoa, Brown Rice, Tomato, Sofrito, Kale, Spinach

### CHICKEN TERIYAKI SALAD

Mixed Lettuce, Cabbage, Honey Teriyaki Dressing, Peanuts, Shaved Vegetables

### SPINACH ROQUEFORT SALAD

Light Balsamic Dressing, Cranberries, Walnuts and Frisée

## SIGNATURE OFFERING

### THE FRANCESINHA

Braised Pork Belly, Chorizo, Sliced Ham, Linguiça Sausage, Melted Cheddar Cheese, Tomato Beer Sauce

## DAILY CARVING

### DAILY CARVED SANDWICH

## DAILY SOUPS

### SPLIT PEA

### ROASTED CAULIFLOWER & AGED CHEDDAR

## SANDWICHES

All Salads, Sandwiches and Paninis are served with your choice of Whole Fruit, Potato Chips or Potato Salad

### CHICKEN BLT

Grilled Chicken Breast, Smoked Bacon, Butter, Lettuce, Heirloom Tomatoes, Roasted Garlic Aioli

### ROASTED TURKEY & CRANBERRY CIABATTA

Free Range Turkey, Vermont Cheddar, Fresh Walnut Bread

### CURRY GRILLED CHICKEN WRAP

Mango Salsa, Shaved Romaine

### VEGETARIAN AVOCADO

Tomato, Mizuna, House made Pickles, Sesame Hummus

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### ASIAGO STEAK SANDWICH\*

Grilled Steak, Asiago Cheese, Lettuce, Horseradish Aioli

### CHICKEN PESTO

Grilled Chicken Breast, Basil Pesto, Tomato, Mozzarella, Balsamic Glaze

### REUBEN PANINI

Smoked Corned Beef, Sauerkraut, Melted Swiss, Thousand Island Dressing, Rye Bread

### TUNA SALAD PITA

Lemon, Celery, Mayonaise, Extra Virgin Olive Oil, Lettuce, Tomato, Red Onion

### HERB MARINATED CHICKEN SALAD PITA

Roasted Garlic Mayonaise, Lettuce, Tomato, Red Onion

### ROASTED SQUASH PITA

Spiced Hummus, Tumeric Cauliflower

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