

UPPER CRUST TAP MENU

PIZZA: *(Count as: Pizza allowance for the week)*

Regular slice
Whole wheat slice
Cheeseless slice
Vegetable slice

SALADS:

Nish Nosh salad *(Count as: Starch and Fat, just add a protein)*

(Purple cabbage, white cabbage, romaine lettuce, red onion, grape tomato, colored peppers, shibolim knockers)

Greek salad *(Count as: Full meal)*

Black olives, feta cheese, red onion, tomato

Goat Cheese salad: *(Count as: Full meal)*

Craisins, red onion, lettuce, Tnuva goat cheese

PASTA AND COOKED GRAIN: *(Count as: Full meal)*

Baked Ziti

Pasta, reduced fat cheese, tomato sauce, spices and vegetables

Cheesy Eggplant

Eggplant, reduced fat cheese, tomato sauce, spices, vegetables and breadcrumbs.

Macaroni and cheese

Macaroni, reduced fat cheese, spices and vegetables

SIDES:

Steamed broccoli *(Count as: Unlimited)*

Baked potato with steamed broccoli
(Count as: starch + vegetables)

FISH: *(Count as: Full protein)*

Tilapia
Salmon

SOUP: *(Count as: 1 bowl = free)*

Vegetable soup

SALAD BAR:

(Count as: Free)

Steamed vegetables
Sliced red onion
Cucumbers
Hot pepper rings
Portobella mushrooms
Tomatoes
Carrots
Cucumbers
Beets

(Count as: Fat)

Avocado
Almonds
Cashews

(Count as: Fruit)

Craisins

(Count as: Protein)

Light feta cheese
Chickpeas
Tuna

WRAPS & PANINIS *(Count as: Full Lunch)*

Tuna Wrap

Low fat tuna, vegetables

Eggplant Wrap

Baked eggplant, spices, reduced fat
cheese, Tomato sauce

Avocado Wrap

Grilled salmon, Avocado, purple onions,
lettuce

DRESSINGS:

Light Caesar

Nish Nosh

Balsamic Vinegar

Lemon/ Olive oil