

# Menu

Month of May

*Rockliffe Lawn and Tennis Club*



## Sandwiches

### Ham and Cheddar

Ham, cheddar, tomato, lettuce or spinach, and your choice of dijon, mayo and/or pesto.

### Turkey Apple and Cheddar

Turkey, cheddar, apple, lettuce or spinach, and your choice of dijon, mayo and/or pesto.

### Roasted veggie and goat cheese

Roasted eggplant and peppers, goat cheese, tomato, lettuce or spinach, and your choice of dijon, mayo, and/or pesto.



## Smoothies

### Build your own

Fruit: mango, strawberry and/or mixed berry

Greens: spinach and/or avocado

Protein: Almond milk, greek yogurt, hemp hearts and/or chia seed

