

## SALADS

<b>SIGNATURE SALAD</b> Nut crusted goat cheese, mixed baby greens, tomatoes, cucumbers and radishes tossed with our balsamic basil vinaigrette. with chicken or tuna add \$2.75	\$7.75
<b>TUNA SALAD</b> Mixed greens, tomatoes, cucumbers and our homemade tuna salad tossed with our balsamic basil vinaigrette.	\$9.95
<b>CAESAR</b> Romaine lettuce, parmesan cheese and croutons tossed with our Caesar dressing. with chicken or tuna add \$2.75	\$7.75
<b>ARUGULA PEAR</b> Baby arugula, pears, shaved fennel, goat cheese and caramelized pecans tossed with our lemon herb vinaigrette. with chicken or tuna add \$2.75	\$8.75
<b>COBB</b> Chopped chicken breast, gorgonzola cheese, bacon, avocado, tomatoes, eggs and romaine lettuce tossed with our ranch dressing.	\$10.75
<b>SPINACH SALAD</b> Fresh baby spinach, bacon, tomatoes, mushrooms, caramelized pecans & goat cheese tossed with our lemon herb vinaigrette. with chicken or tuna add \$2.75	\$8.75
<b>CHINESE CHICKEN</b> Grilled chicken breast, mandarin oranges, cucumbers, romaine lettuce, carrots, scallions and wontons tossed with our Chinese dressing.	\$10.75
<b>GRILLED VEGETABLE AND CHICKEN</b> Grilled chicken breast, romaine lettuce, eggplant, zucchini, roasted red bell peppers, yellow squash, tomatoes and cucumbers tossed with our balsamic basil vinaigrette dressing.	\$10.75
<b>CURRY CHICKEN SALAD</b> Mixed baby greens, tomatoes, cucumbers and our chicken curry salad tossed with our balsamic basil vinaigrette.	\$10.75
<b>CHOPPED SALAD</b> Chopped broccoli, red cabbage, tomatoes, olives, garbanzo beans and mozzarella cheese tossed with our balsamic basil vinaigrette. with chicken or tuna add \$2.75	\$8.95

*dressings for salads to go will be served on the side*

## SOUP

**SOUP OF THE DAY** \$4.50

Rachel's KITCHEN® (702) 522-7887

## WRAPS

Served with your choice of mixed green salad, french fries or onion rings.

<b>CHICKEN CAESAR WRAP</b> Grilled chicken breast, parmesan cheese, romaine lettuce, tomatoes and our Caesar dressing, wrapped in a flour tortilla.	\$9.95
<b>TUNA WRAP</b> Albacore tuna salad, romaine lettuce, tomatoes and mayo, wrapped in a whole-wheat tortilla.	\$9.75
<b>BEER BATTERED FISH WRAP</b> Beer battered fish strips, romaine lettuce, tomatoes, cheddar cheese and tarter sauce, wrapped in a flour tortilla.	\$9.50
<b>CHICKEN TENDER WRAP</b> Breaded chicken tenders, romaine lettuce, tomatoes, red onions and our ranch dressing, wrapped in a flour tortilla.	\$9.95
<b>BBQ CHICKEN WRAP</b> Grilled chicken breast, romaine lettuce, tomatoes, onion rings and BBQ sauce, wrapped in a spinach tortilla.	\$9.95
<b>CURRY CHICKEN WRAP</b> Chicken curry salad, romaine lettuce, cucumbers and mayo, wrapped in a whole-wheat tortilla.	\$9.95

**BEER & WINE Available**

## BURGERS

Served with mixed green salad, french fries or onion rings.

<b>CHEESEBURGER</b> 1/3 lb. ground beef, cheddar cheese, lettuce and tomatoes.	\$7.95
<b>GRILLED GARDEN BURGER</b> Vegetable patty, avocado, romaine lettuce and tomatoes.	\$7.95
<b>BBQ BACON BURGER</b> 1/3 lb. of ground beef, bacon, cheddar cheese, BBQ sauce, romaine lettuce and tomatoes.	\$9.25
<b>SAUTÉED MUSHROOM CHEESEBURGER</b> 1/3 lb. of ground beef, sautéed mushrooms, swiss cheese, romaine lettuce and tomatoes.	\$9.25
<b>CHICKEN MUSHROOM BURGER</b> Grilled chicken breast, sautéed mushrooms, swiss cheese, romaine lettuce and tomatoes.	\$9.95
<b>GORGONZOLA BURGER</b> 1/3 lb. ground beef, gorgonzola cheese, lettuce & tomatoes.	\$9.50

## GOURMET SANDWICHES

Served on your choice of bread with mixed green salad, french fries or onion rings.

<b>SMOKED TURKEY AND AVOCADO</b> Smoked turkey, avocado, swiss cheese, mixed greens, tomatoes and chipotle mayo.	\$9.75
<b>CURRY CHICKEN SALAD</b> Chicken curry salad, swiss cheese, mixed greens, tomatoes and mayo.	\$9.95
<b>RACHEL'S CHICKEN SALAD</b> Chicken salad made with apples, grapes, celery, scallions and watercress.	\$9.95
<b>ALBACORE TUNA SALAD</b> Albacore tuna salad, mixed greens, tomatoes and mayo.	\$9.75
<b>VEGETARIAN</b> Goat cheese, eggplant, zucchini, roasted red peppers, yellow squash, red onions, roasted tomatoes and chipotle mayo.	\$9.75
<b>"440 SANDWICH"</b> Grilled chicken breast, goat cheese, avocado, roasted red peppers, roasted tomatoes and romaine lettuce.	\$10.50
<b>ULTIMATE GRILLED CHEESE</b> Gruyere, cheddar and parmesan cheese grilled to perfection with roasted tomatoes.	\$7.75
<b>TURKEY CLUB</b> Smoked turkey, bacon, swiss cheese, avocado, romaine lettuce, tomatoes and mayo served on 3 pieces of sourdough bread.	\$10.95

## PASTA

<b>SIGNATURE PASTA</b> Penne with sautéed chicken breast, eggplant, sundried tomatoes, mushrooms with our tomato cream sauce.	\$11.50
<b>TRADITIONAL TOMATO BASIL</b> Penne with fresh tomatoes, basil, garlic & extra virgin olive oil.	\$9.75
<b>ANGEL HAIR BOLOGNESE</b> Angel hair with our homemade meat sauce.	\$10.95
<b>FETTUCINE ALFREDO</b> Our delicious cream sauce with spinach and mushrooms. with chicken add \$2.75	\$9.75
<b>GARDEN'S PASTA</b> Fettucine with sautéed chicken breast, sundried tomatoes, peas and mushrooms with our basil pesto cream sauce.	\$11.50
<b>RACHEL'S MAC &amp; CHEESE</b> The classic recipe with our twist.	\$9.95

## SMOOTHIES

\$4.50/\$5.50

- HAWAIIAN BLISS** Pineapples, bananas, coconut, pineapple juice and nonfat vanilla frozen yogurt.
- SUNRISE** Strawberries, bananas, fresh squeezed orange juice, apple juice and nonfat vanilla frozen yogurt.
- POWER PUNCH** Pears, pineapples, bananas, soft silken tofu and lime juice.
- 14-CARROT** Carrots, ginger root, soft silken tofu, lime juice, orange juice and nonfat vanilla frozen yogurt.
- PEANUT BUTTER BLAST** Bananas, peanut butter, chocolate peanut butter cups, chocolate milk and nonfat vanilla frozen yogurt.
- INCREDIBLE HULK** Bananas, peanut butter, soft silken tofu, milk and honey.
- BERRY MANIA** Raspberries, blueberries, strawberries, apple juice & nonfat vanilla frozen yogurt.
- THE WILSHIRE SMOOTHIE** Peaches, bananas, pineapples, fresh squeezed orange juice and nonfat vanilla frozen yogurt.
- PEACHBERRY** Blueberries, peaches, raspberries, strawberries, cranberry juice and nonfat vanilla frozen yogurt.

Add  
PROTEIN POWDER  
to any smoothie  
for \$1.00

## FRESH JUICES

WATERMELON, ORANGE or CARROT \$3.75/\$4.75

ENERGIZER \$4.50/\$5.50

Beets, apples, carrots,  
lemon, and ginger root.

SKIN CLEANSER \$4.50/\$5.50

Cucumbers, carrots and celery.

POPEYE'S SECRET \$4.50/\$5.50

Apples, spinach, carrots, celery, beets and parsley.

## BEVERAGES

VARIETY OF SODAS \$1.95/\$2.50

ICED TEA, HOT TEA, COFFEE \$1.95/\$2.50

BOTTLED WATER \$1.95/\$2.95

## BREAKFAST

Served with breakfast potatoes and toast.

Daily until 11:30 am

**PROTEIN LOVER'S SCRAMBLE** \$9.75

Three eggs scrambled with grilled chicken, bacon, cheddar cheese and spinach.

**SCRAMBLED EGGS** with tomato and basil. \$9.75

**THE FAVORITE** \$9.75

Three eggs scrambled with goat cheese, sundried tomatoes, avocado, mushrooms and basil.

**TWO EGGS** any style with bacon. \$7.95

**CREATE YOUR OWN OMELET** \$9.75

Any 3 items of your choice:

Tomatoes, bacon, avocado, spinach, mushrooms, olives, onions, broccoli, red peppers, sundried tomatoes, turkey, chicken, swiss cheese, cheddar cheese, mozzarella cheese, goat cheese, gruyere cheese, zucchini, yellow squash, salsa, or basil.

### Breakfast Your Way

Substitute fruit for potatoes add \$1.75

With egg whites add \$1.50

With bacon strips add \$2.25

**BREAKFAST BURRITO** \$7.25

Scrambled eggs, salsa, avocado and swiss cheese wrapped in a flour tortilla, served with breakfast potatoes.

**BREAKFAST WRAP** \$7.75

Scrambled eggs, bacon, cheddar cheese and tomatoes wrapped in a whole-wheat tortilla, served with breakfast potatoes.

**ULTIMATE GRILLED CHEESE** \$7.75

Gruyere, cheddar and parmesan cheese grilled to perfection with roasted tomatoes served with breakfast potatoes.

OATMEAL \$4.95

with strawberries & bananas  
add \$2.25

GRANOLA

with yogurt or milk \$4.95  
with strawberries & bananas  
add \$2.25

PANCAKES

Original \$6.50  
Blueberry or Banana  
Chocolate Chip \$7.95

FRENCH TOAST \$7.50



Wholesome Food • Delicious Recipes

Monday - Saturday

7am - 9pm

Sunday

7am - 7pm

(702) 522-7887

The District at Green Valley Ranch  
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Henderson, Nevada 89052

www.rachelskitchen.com