

housemade soups

soup of the day 3.25
with any salad / sandwich / other 2.25
soup and ½ sandwich* / ½ salad* 7.00

other things

hummus 4.00
chick pea puree, tahini, garlic, lemon,
with greek pita and olives
baba ghanouj 4.00
roasted eggplant puree, tahini, garlic,
lemon, with greek pita and olives
garlic spinach 4.25
sauteed baby spinach, caramelized
onion, garlic, greek pita, olives

salads

add baked chicken breast +2.25
*marie's salad 6.50
spring greens, tomato wedges,
red onion, parmesan, dressing
*spinach salad 8.00
baby spinach, bacon, red onion, banana
peppers, goat cheese, hard-boiled egg,
with warm chorizo-balsamic dressing
*waldorf chicken salad 7.00
baked chicken breast, granny smith
apple, grapes, walnuts, coconut-lime
mayonnaise, on spring greens, with
tomato wedges, and choice of dressing
*curried tuna salad 7.25
curry infused tuna salad on spring
greens, with tomato wedges and choice
of dressing
chicken club salad 8.00
spring greens, baked chicken breast,
bacon, tomato wedges, red onion,
cheddar, banana peppers, hard-boiled
egg, dressing
chicken shawarma salad 8.00
spring greens, marinated chicken breast,
tomato, red onion, feta, chick peas,
pickled turnips, olives, lemon, with
sumac seasoning and garlic dressing

house salad dressings

ranch
citrus vinaigrette
balsamic vinaigrette
parmesan peppercorn
creamy avocado
creamy cilantro
whole grain honey mustard
If italian & If ranch also available

sandwich & a side

choice of side salad or bag of chips
add fried egg to any sandwich +1.00

*blt 7.50

bacon, tomato, goat cheese, spring greens,
roasted garlic aioli, on garlic grilled sourdough italian

*turkey bacon & swiss 7.50

honey roasted turkey breast, bacon, swiss,
spring greens, creamy avocado dressing,
on grilled sourdough italian

*monte cristo 8.25

honey roasted turkey breast, smoked ham, smoked
gouda, spicy caramelized onions, egg bath, on grilled
sourdough italian, with chopotle maple syrup

*grilled cheese 8.00

cheddar, swiss, pepper jack, smoked gouda,
bacon, avocado, tomato, red onion, hot sauce,
on garlic grilled 9-grain wheat

*reuben 7.50

*choice of corned beef, *honey roasted turkey,
or roasted pork, with swiss, grilled sauerkraut,
russian dressing, on grilled rye

cubano 8.50

roasted pork loin, smoked ham, swiss,
banana peppers, whole-grain honey mustard,
on grill pressed sourdough italian

waldorf chicken 7.00

baked chicken breast, granny smith apple, grapes,
walnuts, coconut-lime mayonnaise, spring greens,
on butter croissant

curried tuna 7.00

curry infused tuna salad, spring greens,
tomato slices, on butter croissant

chicken shawarma 8.00

marinated chicken breast, tomato, red onion,
pickled turnip, chick peas, feta, greens,
garlic dressing, za'atar spice, on greek pita

grilled veggie wrap 7.75

grilled mushrooms, roasted red peppers,
chick peas, caramelized onions, with
sliced tomato, avocado, goat cheese, greens,
baba ghanouj, on flat bread wrap

little ones

with chips & capri sun fruit punch

grilled cheese 4.50

american or cheddar, on sourdough italian or 9-grain

turkey & american 4.50

choice of sourdough italian or 9-grain wheat

cheese pizza 5.50

with chips and juice box