

SOUPS

cup/bowl

4.99/6.99

TURKEY CHILI (GF)

a hearty blend of three beans, lean ground turkey, tomatoes & chili seasoning

TOMATO BASIL BISQUE (GF/VEG)

made with italian pomodoro tomatoes & basil in a cream-based broth

GAZPACHO (GF/V)

pureed blend of fresh tomatoes, red onions, red peppers, tomato juice & fresh herbs & spices

SOUP(S) OF THE DAY

ask about our soup(s) of the day

SALADS

side/bowl

4.99/6.99

HEALTHY SLAW (GF/V)

green & purple cabbages, cucumbers, red peppers, onions, carrots & slaw vinaigrette

GREEK QUINOA (GF/VEG)

quinoa, cucumbers, grape tomatoes, feta, parsley, dill & greek dressing

BASIL ORZO SALAD (VEG)

orzo pasta, diced tomatoes, parmesan cheese & basil balsamic dressing

CAPRESE GREENS (GF/VEG)

field greens, basil, grape tomatoes, red onions & pearl mozzarella with your choice of dressing

CAULIFLOWER SALAD (GF/VEG)

curried cauliflower, gold & black raisins, toasted almonds & sriracha balsamic vinaigrette

KALE CAESAR SALAD (GF)

kale, romaine, parmesan in caesar dressing
+dressing contains anchovies+

BROCCOLI ROTINI PASTA SALAD (VEG)

Tri-color rotini pasta, broccoli, pearl mozzarella, grape tomatoes & red wine vinaigrette



Vvegan VEGvegetarian GFgluten-free

SANDWICHES

half/whole

4.99/9.99

THE CUBAN

sliced pork loin, black forrest ham, swiss cheese, pickles, mojo mayo & yellow mustard, panini pressed on a cuban roll

GRILLED EGGPLANT CAPRESE (VEG)

grilled eggplant, fresh mozzarella, roma tomatoes & pesto on a whole wheat ciabatta

CALIFORNIA TURKEY WRAP

roasted turkey, avocado, tomatoes, carrots, cucumbers & alfalfa sprouts in a tortilla wrap with a side of asiago ranch dressing

BLACK BEAN AVOCADO WRAP (V)

black bean spread, avocado, tomatoes, carrots, cucumbers & alfalfa sprouts in a tortilla wrap

ROAST BEEF

thinly sliced rare roast beef, arugula & horseradish dijonaise on an egg onion bun

GRILLED CHICKEN PESTO PANINI

sliced grilled chicken breast, caramelized onions, mozzarella & basil pesto, panini pressed on a ciabatta roll
+pesto contains pine nuts+

And as always, our signature chicken salad, tuna salad and pimento cheese sandwiches are available fresh on the line and in our grab & go coolers!

PROTEIN

add to a salad or a la carte

HONEY-HOISIN GLAZED SALMON

6.99

honey-hoisin glazed wild caught salmon

BALSAMIC GRILLED CHICKEN (GF)

4.99

balsamic & olive oil marinated chicken breast

TRIO SPECIAL 12.99

#1 cup of soup + ½ sandwich* + salad

#2 cup of soup + 2 salads

#3 ½ sandwich* + 2 salads

#4 3 salads

*sub ½ sandwich for: chicken breast (+1) or salmon (+3)

KIDS

whole sandwich with a side of fruit salad

4.99

PEANUT BUTTER & JELLY (VEG)

peanut butter & grape jelly on wheat bread

FLUFFERNUTTER (VEG)

peanut butter & marshmallow fluff on wheat bread

GRILLED CHEESE (VEG)

american cheese on wheat bread

TURKEY & CHEESE

smoked turkey & american cheese on wheat bread

