

SOUPS

CUP 4.99
BOWL 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

CHICKEN TORTILLA (GF)

made with chicken, onions, garlic, cilantro, chili powder, yellow cheddar, cumin, tomato puree, crushed tortilla chips, chicken stock, s&p

GAZPACHO (GF/V)

pureed blend of fresh tomatoes, cucumbers, red onions, red peppers, garlic, white wine vinegar, red wine vinegar, tomato juice & fresh herbs & spices

SOUP(S) OF THE DAY

ask about our soup(s) of the day

SALADS

SIDE 4.99
BOWL 6.99

DETOX SLAW (GF/V)

kale, green cabbage, carrots & black sesame seeds in a slaw vinaigrette with a kiss of apple cider vinaigrette

SUPER QUINOA SALAD (GF/V)

quinoa, baby kale, brussels sprouts, green & red cabbage, watermelon radishes, carrots & pumpkin seeds tossed in apple cider vinaigrette

BASIL ORZO SALAD (VEG)

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

BEET & BLUE (GF/VEG)

field greens, beets, blue cheese & dried cranberries tossed in a raspberry vinaigrette

CURRIED CAULIFLOWER SALAD (GF/V)

curried & roasted cauliflower, black & gold raisins & almond slices tossed in a sriracha balsamic vinaigrette

KALE CAESAR SALAD (GF)

kale, romaine & shredded parmesan cheese in caesar dressing with a kiss of slaw vinaigrette +Caesar dressing contains anchovies+

CUCUMBER SESAME (GF/VEG)

Cucumbers, grilled pineapple, watermelon radishes, green onions & black sesame seeds in a sesame vinaigrette

WATERMELON & FETA SALAD (GF/VEG)

watermelon, crumbled feta & fresh mint

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

SANDWICHES

HALF 4.99
WHOLE 9.99

BACON JAMMIN' CUBAN

mojo marinated pork, ham, swiss cheese, half sour pickles, yellow mustard & bacon jam panini pressed on a cuban roll

AVOCADO CAPRESE (VEG)

avocado, fresh mozzarella, tomatoes & pesto on a ciabatta roll +pesto contains pine nuts+

SESAME CHICKEN WRAP

sliced chicken breasts tossed in sesame sauce, green cabbage, shredded carrots, bean sprouts, cucumbers & cilantro in a tortilla wrap

TURKEY REUBEN

oven-roasted turkey, swiss cheese, house-made bread-and-butter pickles & louis spread on dark marble rye

GRILLED CHICKEN PESTO PANINI

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

CURRIED CAULI WRAP (V)

curried cauliflower, julienned carrots, red peppers, mixed greens & a black bean hummus spread in a tortilla wrap

SANDWICH OF THE DAY

And as always, our signature chicken salad, tuna salad and pimento cheese sandwiches

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

PICK 2 FOR 9.99

cup of soup, ½ sandwich, side salad or chicken breast

TRIO FOR 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)

Vvegan VEG vegetarian GFgluten-free

HOURS

m-th 11am-8pm
fr-sa 11am-9pm
sun 11am-8pm