

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

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 BROCCOLI-Cauli SALAD (GF/V)

curried broccoli & 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+

CAVATAPPI PESTO PASTA (VEG)

cavatappi pasta, fresh pearl mozzarella, green onions, spinach & grape tomatoes in a pesto dressing +dressing contains pine nuts+

KALE SALAD (GF/VEG)

kale, cabbage, pumpkin seeds, carrots, raisins & red onions tossed in a lemon yogurt vinaigrette

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+

LEMON PEPPER CHICKEN WRAP

sliced chicken breasts seasoned with a lemon pepper rub, spinach, tomatoes & homemade hummus in a tortilla wrap

TURKEY & CHEDDAR

oven-roasted turkey, Tillamook cheddar, lettuce, tomato & sun-dried tomato spread on sourdough bread

GRILLED CHICKEN PESTO PANINI

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

VEGAN SALAD WRAP (V)

tomatoes, carrots, cucumber, mixed greens & a pinto bean spread in a tortilla wrap

SANDWICH OF THE DAY

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

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)