

All sandwiches come with side.

hot sandwiches:

Italian Chicken Panini chicken, mushrooms, sundried tom, spinach, provolone, pesto on focaccia \$8.95

Turkey Veggie Panini turkey, spinach, green peppers, mushrooms, sundried tomatoes, provolone, & mayo on focaccia \$8.95

Grand Ham Slam Panini ham, provolone, colby, & mayo on focaccia \$8.95

Horseradish Roast Beef Panini roast beef, grilled mushrooms, grilled onions, horseradish cheese, & mayo on focaccia \$9.95

Roast Beef Cheeser Panini roast beef, provolone, colby, & mayo on focaccia \$9.95

Veggie Panini spinach, grilled onions, peppers, mushrooms, sundried tomatoes, provolone on top & bottom, mayo on focaccia (vegan cheese avail.) \$8.55

Italian Grilled Cheese swiss & provolone cheeses, sundried tomatos, fresh spinach, & pesto grilled on sourdough (vegan cheese avail.) \$7.95

Ruben's Reuben turkey, kraut, grilled onions, swiss, & 1000 Island grilled on sourdough \$8.95

Ham Swiss Melt ham, grilled onions, mushrooms, swiss, & mayo grilled on sourdough \$8.95

Chicken Ranch chicken, sundried tomatoes, mushrooms, provolone, ranch on sourdough \$8.95

Black Bean Burger dressed w/onions, greens, mayo on a bun \$9.95

Vegan Nugget Sandwich dressed w/onions, greens, veganaise on a bun \$9.95

cold sandwiches:

Chicken Salad Sandwich on wheat \$10.95

Turkey or Ham Sandwich greens, onions, peppers, provolone, & mayo on wheat \$8.95

Pimento Avocado Cheese Toast Pimento jalapeno cheese, mashed avocado, greens, cucumber, onions, green peppers on wheat toast \$8.95

Turkey Crunch Wrap turkey, seeds, spinach, cucumber, green peppers, cabbage, carrots, herb parmesan spread on a wrap \$8.95

other items:

Quinoa Veggie Bowl quinoa, grilled vegetables, teriyaki sauce, served with a side \$8.95

Pita Hummus Veggie Wrap pita w/warm grilled veggies & hummus, served with a side \$8.95

Hummus Plate hummus served with veggies & pita bread (gluten-free chips avail.) \$7.55

Kids Meal (for kids 11 & under) small PB&J, cheese, ham, or turkey sandwich with a side \$4.95

Soup Cup 8oz \$4.95, Bowl 12oz \$6.95

Daily Specials \$11.95 & \$10.95 rotating specials

salads:

Small House Salad onion, peppers, carrot \$4.50

Pick 2: small house salad, bowl of soup, half cold ham or turkey sandwich or chicken salad sand. \$8.95

Seeds & Greens Salad greens, broccoli, onion, peppers, carrots, seeds \$7.55

Spinach Salad spinach mix, cranberries, eggs, broccoli, seeds, red onions \$7.95

Cobb Salad greens, ham, turkey, eggs, cheese, carrots, broccoli, green peppers, red onions \$11.55

Chicken Salad On Greens greens with chicken salad, broccoli, red onions, seeds \$10.95

Balsamic, Poppy Seed, Ranch, Honey Mustard, Blue Cheese

breakfast: served until 11:30

Greens, Eggs, & Ham Sandwich 2 eggs, ham, spinach, provolone on grilled sour dough \$6.50

Omelette 3 eggs, **pick 4** ingredients: spinach, ham, peppers, grilled onions, mushrooms, broccoli, sundried tomatoes, cheese, with toast \$7.50

French Toast 2 pieces served with syrup \$5.95

2 Scrambled Eggs w/toast \$5

All sandwiches come with a side: choose fruit cup, broccoli cabbage slaw, chips, organic apple, banana, or seasonal sides.

Swap side for small house salad +\$2.

Extra sides 5oz-\$2.95 or 8oz-\$4.50

Swap out for gluten-free bread, low-carb bread, vegan cheese, veganaise no extra charge.
