

All sandwiches below come with side.

hot sandwiches:

Italian Chicken Panini chicken, mushrooms, sundried tomatoes, spinach, provolone, & pesto on focaccia \$7.95

Turkey Veggie Panini turkey, spinach green peppers, mushrooms, sundried tomatoes, provolone, & mayo on focaccia \$7.95

Grand Ham Slam Panini ham, provolone, colby, & mayo on focaccia \$7.95

Horseradish Roast Beef Panini roast beef, grilled mushrooms, onions, horseradish cheese, & mayo on focaccia \$7.95

Roast Beef Cheeser Panini roast beef, provolone, colby, & mayo on focaccia \$7.95

Veggie Panini spinach, onions, peppers, mushrooms, sundried tomatoes, provolone, & mayo on focaccia (vegan cheese avail.) \$7.55

Italian Grilled Cheese swiss & provolone cheeses, sundried tomatoes, fresh spinach, & pesto grilled on sourdough (vegan cheese avail.) \$6.95

Ruben's Reuben turkey, kraut, onions, swiss, & 1000 Island grilled on sourdough \$7.65

Ham Swiss Melt ham, grilled onions, mushrooms, swiss, & mayo grilled on sourdough \$7.65

Chicken Ranch chicken, sundried tomatoes, mushrooms, provolone, ranch on sourdough \$7.65

Black Bean Burger available reg. or vegan/ gluten-free, onions, greens, mayo on a bun \$7.95

Vegan Nugget Sandwich vegan ranch, sriracha, onions, shredded cabbage on a bun \$7.95

cold sandwiches:

Chicken Salad Sandwich on wheat \$7.95

Turkey or Ham Sandwich greens, onions, peppers, provolone, & mayo on wheat \$7.55

Pimento Avocado Cheese Toast
Pimento jalapeno cheese spread, mashed avocado, greens, tomatoes, cucumber, onions, green peppers on wheat toast \$7.95

Keto Pimento Wrap (3-5net carbs) low carb wrap w/ turkey or ham, greens, pimento jalapeno cheese spread, cucumber, onion, peppers, cabbage on \$7.95

other items:

Quinoa Veggie Bowl quinoa, grilled vegetables teriyaki sauce served with a side \$7.95

Pita Hummus Veggie Wrap pita warm grilled veggies, feta, hummus, served with a side \$7.55

Hummus Plate hummus served with veggies & pita bread (gluten-free chips avail.) \$6.95

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

Soup Bowl \$4.25 **Soup Cup** \$3.25

Daily Specials \$7.95 call us for rotating specials

salads:

Small House Salad \$3.95

Pick Two: Small House Salad, Half Cold Sandwich, or Bowl of Soup \$7.95

Seeds & Greens Salad greens, broccoli, onion, peppers, carrots, seeds \$6.55

Spinach Salad spinach mix, cranberries, eggs, broccoli, seeds, red onions \$6.95

Cobb Salad greens, ham, turkey, eggs, cheese, carrots, broccoli, green peppers, red onions \$7.95

Chicken Salad On Greens greens with chicken salad, broccoli, red onions, seeds \$7.95

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

breakfast: served until 11:30

Greens, Eggs, & Ham Sandwich 2 eggs, ham, spinach, provolone on grilled sour dough \$5.95

Omelette 3 eggs, pick 4 ingredients: spinach, ham, peppers, grilled onions, mushrooms, broccoli, sundried tomatoes or provolone, with toast \$6.95

French Toast 2 pieces served with syrup \$4.95

All sandwiches available on gluten-free bread



207 W 1st St., New Albany **812-944-3800**
www.seedsandgreensmarket.com