

**All sandwiches come with choice of side.**

## hot sandwiches:

**Italian Chicken Panini** chicken, mushrooms, sundried tomato, 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 \$8.95

**Roast Beef Cheeser Panini** roast beef, provolone, colby, mayo, on focaccia \$8.95

**Veggie Panini** spinach, onion, peppers, mushrooms, sundried tomatoes, double provolone, mayo, on focaccia (vegan cheese avail.) \$7.95

**Italian Grilled Cheese** swiss, provolone sundried tomato, spinach, pesto on sourdough \$7.50

**Ruben's Reuben** turkey, kraut, onions, swiss, 1000 Island grilled on sourdough \$7.95

**Ham Swiss Melt** ham, grilled onions, mushrooms, swiss, mayo, grilled on sourdough \$7.95

**Chicken Ranch** chicken, sundried tomatoes, mushrooms, provolone, ranch on sourdough \$7.95

**Bean Burger** mayo, onion, greens, on a bun \$8.95

**Vegan Nugget Sandwich** veganise, red onions, greens, on a bun \$8.95

## cold sandwiches:

**Chicken Salad Sandwich** mayo & greens, on wheat \$8.95

**Turkey or Ham Sandwich** greens, onions, peppers, provolone, mayo on wheat \$7.50

**Pimento Avocado Cheese Toast** Pimento jalapeno cheese spread, avocado, greens, cucumber, onion, green peppers on wheat toast \$7.95

**Turkey Crunch Wrap** turkey, seeds, spinach, cucumber, green peppers, cabbage, carrots, herb parmesan spread on a wrap \$7.95

## other items:

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

**Pita Hummus Veggie Wrap** pita, warm grilled veggies, feta, hummus, served with a side \$7.95

**Hummus Plate** w/ veggies & pita \$6.95

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

**Soup Bowl** \$5 **Soup Cup** \$3.5

**Daily Specials** \$7.95 rotating specials

## salads:

**Small House Salad** onion, peppers, carrots \$3.95

**Pick Two:** small house salad, bowl of soup, OR half cold sandwich: chicken salad or ham/turkey \$7.95

**Seeds & Greens Salad** greens, broccoli, red onion, peppers, carrots, seeds \$6.50

**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 \$8.95

**Chicken Salad On Greens** greens with chicken salad, broccoli, red onions, seeds \$8.95

*Choose: Balsamic, Poppy, Honey Mustard, Blue Cheese, Ranch*

## breakfast: served until 11:30

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

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

**French Toast** 2 pieces served with syrup \$5.50

**2 Scrambled Eggs** w/toast \$5 (add cheese .50)

---

### Sandwiches Served with a Side!:

*Choose: fruit cup, broccoli cabbage slaw, chips, apple, banana, or seasonal side.*

**Upgrades:** + \$2. small house salad  
+1.50 soup cup, +\$3 bowl

**Additional Sides:** \$2.50 5oz / \$4. 8oz

*Gluten-free bread, low-carb bread, vegan cheese, veganise available.*