

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.