

# Hoagies

## Lunch Box

pepperoni, salami, provolone, romaine, pepperoncini peppers, black olives, red wine vinaigrette 10.00

## Teacher's Pet

chicken, bacon, provolone, red onion, bell pepper, jalapenos, greek dressing 11.00

## Hippy Love

hummus, provolone, artichoke hearts, red onion, bell pepper, romaine, cucumber, black olive, greek dressing (✓ FYH Provolone) 10.00

## The A/V Club

turkey, bacon, provolone, lettuce, bell peppers, avocado mash, mayonnaise. 9.50

## Chicken Bacon Ranch Wrap

chicken, bacon, cheddar, bell peppers, onion, ranch served hot on a tortilla (served hot) 12.00

## Hummus & Turkey Roll-Up

turkey, hummus, feta, bell peppers, cucumbers, artichoke hearts, dilly beans 12.00

## Pastrami Collab.

pastrami smoked by \*Spark, \*Red Rocket whole grain mustard, provolone, romaine, red onion, pickle 12.00

## Lil' Turkey

½ hoagie, turkey, provolone, romaine, mayo 5.00

## Soups & Sides

**Hummus Plate** ✓ 9.00

seasoned hummus, bell peppers, cucumbers, tomatoes, flatbread

**Dolmades** ✓ 5.00

rice, mint & lemon wrapped in grape leaves

**Frito Pie** ✓ 7.00

just like you get at the game, but a little tastier!  
Fritos, chili, cheddar, romaine, red onion, jalapeno

**Bowl/Cup** 8.00/5.00

Soup Du Jour

Chili with cheddar & onion (✓ FYH Cheddar)

## Add a Grilled Cheese

ciabatta with provolone 5.00

# MENU

## Grain Bowls

1 All bowls start vegan

2 Pick your bowl

3 Pick your base

-tricolor quinoa or

-black pearl medley rice

4 Served: Warm or Cold

5 Add protein or cheese

## Fajita ✓

Black Bean and Corn Salsa, Purple Cabbage, Bell Pepper, Heritage Lettuce, Red Onion, Tomato, Avocado Mash, Salsa... 13.50

## Edamame ✓

Heritage, Red Cabbage, Edamame, Avocado, Bell Peppers, Almonds, Sesame Seeds, \*Red Rocket Onions, Sesame Dressing... 14.00

## Traditional ✓

Roasted Chickpeas, Sweet Potato, and Red Rocket\* balsamic onions, Purple Cabbage, Heritage Lettuce, Chia Seeds, Tahini Greek Dressing... 14.00

## Greek ✓

Roasted Chickpeas, Heritage Lettuce, Hummus, Cucumber, Mediterranean Olives, Tomato, Tahini Greek Dressing... 14.00

## Beet ✓

Citrus Roasted Beets, Spinach, Heritage Lettuce, Slivered Almonds, Avocado Mash, Red Rocket\* balsamic onions, Red Wine Vinaigrette... 14.00

## Add More Protein

3 oz Smoked Salmon 7.00

3 oz Chicken 4.00

Seasoned Tofu Scramble 3.00

Hard Boiled Egg 1.50

# Salads

## Veggie

heritage lettuce blend, spinach, quinoa, artichoke hearts, tomatoes, beets, bell peppers, pickled vegetables, Greek olives, with choice of cheese/dressing (✓ no naan) 14.50

## Chef

romaine, cheddar, hard boiled egg, cucumber, tomatoes, turkey, bacon, croutons and ranch dressing 15.00

## Taco

romaine, cheddar, roasted corn and black-bean relish, bell peppers, red onions, jalapenos, tomatoes, black olives, avocado mash, salsa and ranch dressing (no ranch, ✓ FYH cheddar) 14.00

## Mediterranean

heritage lettuce blend, spinach, artichoke hearts, quinoa, tomatoes, Greek olives, bell peppers, feta, dolmade, Greek vinaigrette (✓ FYH Provolone) 14.00

## Antipasto

romaine, salami, pepperoni, mozzarella balls, artichoke hearts, pepperoncinis, tomatoes, croutons, black olives, red wine vinaigrette 14.50

## Spinach

baby spinach, bacon, blue cheese crumbles, red onion, roasted beets, quinoa, blueberries, seed blend, red wine vinaigrette 13.50

## Garden

heritage lettuce blend, bell peppers, red onions, cucumbers, tomatoes, cheddar, dressing (✓ FYH cheddar) 12.00  
Garden Side Salad 7.00

## Caprese

heritage lettuce, mozzarella balls and cherry tomatoes skewered and served with pesto and balsamic drizzle 7.00

## Build Your own

includes: 2 greens, 1 cheese, 4 veggies / fruit, 1 protein (add a bit more for a bit more) 15.00

# ME NU

## Flatbread/Avocado Toast

### Pesto Margherita 14.00

flatbread, pesto, cherry tomatoes, fresh mozzarella balls, balsamic drizzle

#### Additional toppings extra

### Salmon Avocado Toast 17.00

Toasted Harvest Moon Ciabatta, Honey Smoked Salmon, Capers, Red onion and Avocado Spread (GF available)

## Drinks

Teakoe Fizzy Tea 3.50

Bai Water 3.50

Big B's Lemonade 3.50

Perrier 3.00

Coke/Diet Coke 2.00

Iced Tea 3.00

Hot Tea Pot 7.00

Medium Roast 3.50

## Baked Sweet Treats 5.00

✓ indicates vegan menu item /option