

SHAREABLES/SOUPS

Charcuterie	20
Variety of meats and cheeses served with artichoke, greek olives, dolmades, pickled veggies, flatbread, *Red Rocket wholegrain mustard and pineapple chutney	
Smoked Salmon Plate	23
honey smoked salmon, cucumber, egg, cream cheese, red onion, pickled veggies, capers, flatbread	
Hummus Plate	12
seasoned hummus, bell peppers, cucumber, tomato, flatbread	
Dolmades	8
rice, mint, lemon wrapped in grape leaves	
Frito Pie	9
Fritos, chili, cheddar, romaine, red onion, jalapeno	
Chili / Soup of the Day (bowl or cup)	8/6
Vegan red chili with cheddar and onion or our soup of the day	

GRAIN BOWLS

Edamame	15
heritage lettuce, quinoa, red cabbage, edamame, avocado mash, bell peppers, almonds, sesame seeds, *Red Rocket Onions, sesame dressing	
Traditional	15
heritage lettuce, quinoa, hummus, roasted chickpeas, *Red Rocket balsamic onions, purple cabbage, chia seeds, tahini greek dressing	
Greek	15
heritage lettuce, quinoa, roasted chickpeas, hummus, cucumber, Greek olives, tomato, tahini greek dressing	
Beet	14
beets, spinach, heritage lettuce, slivered almonds, avocado mash, *Red Rocket balsamic onions, red wine vinaigrette	

SIDE ITEMS

Chips (variety of flavors)	3
Big Ol’ Pickle	3
Dilly Beans	4
Black Bean and Corn Medley	5
Flatbread	3

HOUSEMADE DRESSINGS

Spicy Greek Vin	Sesame
Red Wine Vin	*Red Rocket Lemon Zing
Tahini Greek	*Laughing Lab Maple
Ranch	Pumpkin
Caesar	Blueberry Ginger Vin

Are you Vegan or Gluten Free?
Tell us and we will be happy to make your meal to your liking!

SALADS

ADD HARD BOILED EGG +1.5	
ADD TOFU +3	
ADD BACON +3	
ADD SMOKED SALMON +7	
ADD GRILLED CHICKEN OR SLICED TURKEY +4	
ADD SMOKED SALMON +7	
Mediterranean	16
heritage lettuce blend, spinach, artichoke hearts, quinoa, tomatoes, Greek olives, bell peppers, feta, dolmade, Greek dressing	
Antipasto	17
romaine, salami, pepperoni, cherry peppers, mozzarella balls, artichoke hearts, tomatoes, black olives, croutons, shredded parmesan, red wine vinaigrette	
Spinanch Bacon & Blue	17
spinach, heritage lettuce, crumbled bacon, blue cheese crumbles, red onion, beets, quinoa, blueberries, seed blend, red wine vinaigrette	
Taco	17
romaine, cheddar, roasted corn and black-bean relish, bell peppers, red onions, jalapeños, tomatoes, black olives, avocado mash, salsa and ranch dressing	
Chef	17
romaine, cheddar jack, hard boiled egg, cucumber, tomatoes, turkey, bacon, croutons and ranch dressing	
Salmon Zing	22
heritage lettuce blend, salmon, feta, seed blend, red onions, cucumber, tomatoes, capers, pickled vegetables, *Red Rocket Lemon Zing Vinaigrette	
Apple Walnut	16/9
heritage lettuce, granny smith apples, candied walnuts, dried cranberries, seed blend, *Laughing Lab Maple Pumpkin Vinaigrette (entree/side)	
Veggie	17
heritage lettuce blend, spinach, quinoa, artichoke hearts, tomatoes, beets, bell peppers, pickled vegetables, Greek olives, with choice of cheese / dressing	
Summer Berry	16/9
heritage lettuce, quinoa, feta, blueberries, strawberries, seed blend, blueberry ginger vinaigrette (entree/side)	
Caesar	13/8
romaine, shredded parmesan, croutons, caesar dressing (entree/side)	
Caprese	8
heritage lettuce, mozzarella balls, cherry tomatoes skewered and served with pesto and balsamic drizzle	
Garden	8
heritage lettuce, tomato, cucumber, cheddar, onion, bell peppers with choice of dressing	
Build Your Own	17
ask for the Build Your Own menu card!	

HOAGIES

Teacher’s Pet.....	15
grilled chicken, crumbled bacon, red onion, bell pepper, jalapenos, provolone, Greek dressing, served hot or cold	
Italian Club	16
salami, fire braised turkey, pepperoni, provolone, romaine, sliced cherry peppers, red onion, red wine vinaigrette, oregano	
A/V Club	15
fire braised turkey, applewood smoked bacon, provolone, romaine, bell peppers, avocado mash, mayonnaise	
Hippy Love	14
hummus, provolone, artichoke hearts, red onion, bell pepper, romaine, cucumber, black olive, greek dressing	
Pastrami	15
smoked by *Spark, provolone, romaine, red onion, *Red Rocket whole grain mustard, pickle, served hot or cold	
Chicken Bacon Ranch Wrap	14
grilled chicken, crumbled bacon, shredded cheddar, romaine, bell peppers, red onions, house made ranch	
Hummus Roll-Up	14
seasoned hummus, fire braised turkey, cucumber, artichoke, bell peppers, feta, dilly beans, Greek dressing	
Lil’ Turkey Meal	10
For the kiddos! ½ hoagie, fire braised turkey, provolone, romaine, mayo, choice of chips or mini fruit cup	

SMOOTHIES

Gym Class	9
spinach, wild berry blend, strawberry, blueberry, apple juice, lemon	
Ginger Berry	9
strawberry, blueberry, wild berry blend, apple juice, ginger	
Summer Vacation	9
mango, pineapple, banana, apple juice, coconut	

AÇAÍ BOWL	13.5
Açai, strawberries, blueberries, bananas, granola, chia seeds Your choice of Agave or Peanut Butter Drizzle add coconut \$.50	

Please be advised that food prepared here may contain these ingredients:
Milk, Eggs, Wheat, Soybean, Peanuts, Tree nuts, Fish and Shellfish

ONLINE MENU

