

# GLUTEN FRIENDLY & VEGAN OPTIONS AVAILABLE

# LUNCH MENU

# SANDWICHES

#### TURKEY BACON CLUB

Turkey, bacon, lettuce, tomato, mayo. SERVED TOASTED \$10.49

#### MEDITERRANEAN TURKEY

Turkey, monterrey jack, spinach, tomato, black olives & balsamic mayo. SERVED TOASTED \$9.99

#### TURKEY PROVOLONE

Turkey, provolone cheese, tomato, & pesto. SERVED TOASTED \$9.99

#### **GREENS, EGGS & HAM**

Organic spring mix, tomatoes, jack cheese, ham, egg, & pesto served on sweet jalapeno bread, SERVED HOT & TOASTED \$9.49

#### **BLT SANDWICH**

Classic bacon, lettuce & tomato \$10.49 sandwich SERVED TOASTED

#### SPICY PIMENTO SANDWICH

Not your classic pimento cheese! Ours is full of spice on Sweet Jalapeno bread, SERVED TOASTED \$9.99

#### HAM OR TURKEY WITH APPLE

Ham or turkey, apple slices, cheddar cheese & balsamic mayo, SERVED TOASTED \$9.99

#### TUNA SALAD SANDWICH

Tuna salad with tomato and organic spring mix, SERVED TOASTED \$9.99

#### SANDWICHES COME WITH CHIPS.

FRUIT, SIDE SALAD, OR SOUP **MAY BE ADDED FOR EXTRA!** 

#### CAPE COD CHICKEN SALAD

Chicken salad, tomato & spring mix, (\*allergy alert: made with pecans) SERVED TOASTED \$9 \$9.99

#### **ITALIAN GRILLED CHEESE**

Provolone, Monterrey Jack, Pesto, \$9.99 Italian Seasonings

#### CLASSIC GRILLED CHEESE 🤜

Cheddar and Monterrey Jack \$7.99

#### DIRT SANDWICH 🤜

Hummus, tomato, pesto, cucumber, and mushrooms. SERVED TOASTED

\$9.99

#### WALK IN THE GARDEN

Hummus, spinach, green pepper, onion, black olives, tomato, cheese, & pesto SERVED TOASTED \$9.99

#### CLASSIC PB&J SANDWICH

Classic peanut butter and jelly sandwich SERVED TOASTED

#### \$6.99

#### PB&J,THE ELVIS WAY!

Classic PB&J with addition of a

banana & bacon. SERVED TOASTED



#### **Bread Choices**

Sourdough, Wheat, Jalapeno, Rye, Pumpernickel

**Cheese Choices** Cheddar, Monterrey Jack, Provolone, Swiss

> Additions & Extras \$\$ Avocado, Bacon, Egg, Cheese, GF Bread, Croissant





# LUNCH MENU

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# SALADS

#### SOUTHWEST CHICKEN 🕟

Chicken, black beans, corn, bell peppers, onions, tomato, spring mix, cilantro, feta cheese with a Cilantro Dressing. **\$11.99** 

# STRAWBERRY CHICKEN 🧭 PECAN SALAD

Chicken, spinach, candied pecans, strawberries, feta cheese, raspberry vinaigrette **\$11.99** 

#### CHEF SALAD 🕖

Spring mix, tomatoes, onions, ham, turkey, 2 types of cheese, & ranch dressing \$11.99

#### MEDITERRANEAN SALAD

Chick Peas, olives, onions, tomato, spinach, feta cheese, with oil & vinegar dressing. **\$9.99** 

### GREEK SALAD 💐 🖉

Spring mix, olives, onions, feta cheese, Oil & Vinegar dressing. **\$ 8.99** 

### GARDEN SALAD 🍡 🧭

Spring mix, tomatoes, onions, cucumbers, olives, 2 types of cheeses.

\$ 7.29

#### Salad Dressing Choices:

Ranch, Raspberry vinaigrette, oil & vinegar, or Cilantro dressing



# SOUPS

SOUP OF THE DAY \$6.29 TOMATO BASIL SOUP \$\ \$5.49

# **ON THE LIGHTER SIDE**

#### QUICHE OF THE DAY

Serving of quiche with side of fresh fruit: \$ Add a cup of soup: \$

\$10.99 \$12.99

#### YOGURT PARFAIT 🔍

Yogurt, honey, seasonal fruits, & granola \$5.99

### FRUIT CUP V

Enjoy a nice cool cup of freshly cut fruits! **\$4.99** 



DON'T FORGET TO GRAB A SWEET OR TRY A DRINK SPECIAL TO GO ALONG WITH YOUR MEAL!

