



Lent Specials



NEW Smoked Gouda Grilled Cheese

Smoked Gouda cheese on seeded rye bread with Granny Smith apples, spring mix & chipotle mayo



NEW Fish Tacos

Baked Mahi Mahi, roasted corn & bean salsa with crunchy kale on grilled corn tortillas



NEW Egg Salad Sandwich

House made egg salad on a croissant with lettuce

Avocado Toast with Salmon

Avocado mash, smoked salmon, capers & red onions on toasted multigrain

Four Cheese Melt

American, pepper jack, provolone & Swiss cheeses topped with basil pesto & roasted red peppers on focaccia

Kale Veggie Wrap

Crunchy kale mix, carrots, fresh mozzarella cheese, cucumbers, black olives & sesame ginger in a wheat tortilla

Kale Power Salad with Salmon

Crunchy kale mix, smoked salmon, cucumbers, red onions, tomatoes & Parmesan cheese *Sesame Ginger Vinaigrette*

Veggie Burger

Plant-based vegan burger on a Companion Brioche bun with lettuce, pickled onions, tomatoes, pepper jack cheese & sweet chili ranch