

Served

Tuesday - Friday
11:00 AM - 3:00 PM

Hot & made-to-order
from our co-op
kitchen



Store Hours

Tuesday - Saturday
10:00 AM - 7:00 PM

30 W. Main St.
Frostburg, MD

Call ahead: 301-689-3120

W E E K L Y L U N C H M E N U

Sept. 26th - 30th

\$10: Pick Two:
1 Sandwich + 1 Side **OR** 1 Salad + 1 Side

\$15: Pick Three:
1 Sandwich + 1 Salad + 1 Side

Gluten-free
options
available upon
request

SANDWICHES
\$7

Roasted Veggie & Genoa Panini

Genoa salami, roasted eggplant, zucchini, and mushrooms with herb cheese spread and mozzarella pressed on caibatta bread

Seitan Pastrami Sandwich

Pastrami-style chipped seitan, Spero Smoked cream cheese, pickled slaw, and Mill It plant-based thousand island dressing on toasted marble rye

Super Green Salad

Hearty mixed greens, seasonal garden vegetables, house vinaigrette

Roasted Vegetable Salad

Hearty mixed greens topped with roasted autumn root vegetables, Fire Fly blue cheese, toasted black walnuts, and served with house-made paw paw vinaigrette

SALADS
\$6

Substitute
Ranch or Italian
dressing on any
salad

AND MORE
\$5

Creamy Wild Rice Soup

Wild rice and mixed vegetables in a creamy broth

Roasted Autumn Root Vegetables

A medley of seasonal root vegetables roasted and served warm

All orders are packaged for carry out, but you are welcome to utilize our dining area (as available).