

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 - 6:00 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

June 21st - 24th

\$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

Sweet & Spicy BBQ Chicken Sandwich

BBQ pulled chicken with fresh pineapple, jalapenos, pickled onions, and fresh greens on a toasted kaiser roll.

Buffalo Cauliflower Wrap

Roasted buffalo cauliflower, buffalo cheese, fresh carrots, cucumbers and ranch slaw wrapped in a flour tortilla

Super Green Salad

Hearty mixed greens, seasonal garden vegetables, house vinaigrette

Summer Citrus Salad

Fresh orange and grapefruit segments, red onion, pepitas, and feta cheese (optional) over mixed greens with mango vinaigrette

SALADS
\$6

Substitute
Ranch or Italian
dressing on any
salad

Citrus Watermelon Gazpacho

A refreshing blend of sweet watermelon, fresh citrus, cool cucumber, and herbs served chilled.

Waldorf Salad

Crisp apples, grapes, celery, dried cranberries, and toasted walnuts tossed in a creamy, plant-based yogurt dressing

AND MORE
\$5

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