

### 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

August 9th - 12th

**\$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**

## Braised Beef Sandwich

Slow roasted beef with red wine braised onions, cranberry cheddar cheese and horseradish aioli on a buttered ciabatta roll.

## Vegan Dirty Dog

Field Roast plant-based bratwurst smothered with sauerkraut, grilled peppers and onions, and house-made secret sauce on a toasted roll

## Super Green Salad

Hearty mixed greens, seasonal garden vegetables, house vinaigrette

## Buffalo Tofu Chopped Salad

Chopped greens, tomatoes, carrots, corn and your choice of regular or plant-based blue cheese and topped with crispy breaded buffalo tofu. Served with creamy peppercorn dressing or plant-based ranch.

**SALADS**  
**\$6**

Substitute  
Ranch or Italian  
dressing on any  
salad

**AND MORE**  
**\$5**

## Crispy Smashed Potatoes

Crispy smashed red-skin potatoes served with a sprinkling of fresh herbs and a side of house-made secret sauce for dipping

## Beet & Carrot Salad

Sweet beets and carrots tossed with fresh basil, roasted pumpkin seeds and honey-horseradish vinaigrette topped with crumbled feta cheese.

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