



from the kitchen

Serving Tues. 02/06/24 - Fri. 02/09/24 | 11:00a - 3:00p
30 W. Main St. Frostburg, MD | 301-689-3120

SANDWICHES & MAINS


CUBAN PANINI | 10

Mojo roasted pork loin, yellow mustard, Swiss cheese and pickles on a garlic ciabatta roll

PESTO POWER WRAP | 9

Black beans, quinoa, roasted red peppers, sun dried tomatoes, olives, pesto sauce and kale in a wheat tortilla

BUFFALO BOWL | 11

 Buffalo roasted chickpeas, shredded carrot, cabbage, crispy kale, and red onions over a medley of quinoa and wild rice and topped with plant-based ranch dressing

LUNCH COMBOS

PICK TWO COMBO | 16

Pair any full sized main with a side or half salad

PICK THREE COMBO | 20

Pair any one main, one salad, and one side


 Vegan or can be made vegan  Gluten-free

SIDES

TURKEY & WILD RICE SOUP | 6

Turkey, wild rice, and veggies in a creamy savory broth

HUMMUS & VEGGIE CUP | 5


 Your choice of classic or seasonal hummus with fresh cut veggies for dipping

MAC N' CHEEZE | 6

Classic macaroni in our signature plant-based sauce

SALADS


SUPER GREEN SALAD | 9

 Mixed greens and fresh seasonal veggies served with chef's dressing

KALE CAESAR | 10

Hearty kale tossed with caesar dressing, capers, parmesan cheese, and herb croutons.
Vegan substitutions available

SEASONAL SALAD | 10

 Crisp romaine wedge, caramelized onions, scallions, pomegranate seeds, and pecans with your choice of house-made bleu cheese or maple horseradish vinaigrette

WHFC PROCESSES A VARIETY OF ALLERGENS INCLUDING GLUTEN, EGGS, DAIRY, TREE NUTS, AND PEANUTS. WHILE WE ARE CAUTIOUS OF CROSS CONTAMINATION, WE CANNOT GUARANTEE THAT ALLERGENS WILL NOT BE PRESENT. PLEASE USE CAUTION.