

DUO – Pick any two\$9.50
TRIO – Pick any three...\$12.50

SALADS

<u>Penne Pasta Salad</u>	\$4.95 ½ lb
Sundried Tomatoes, Capers, Red Onion and Basil-Lemon Dressing	
<u>Thai Chicken Salad</u>	\$7.25 ½ lb
Napa Cabbage, Wonton Crisps, Toasted Peanuts, & Ginger-Lime Dressing	
<u>Albacore Tuna Salad</u>	\$7.95 ½ lb
Red Onion, Parsley and Lemon Mayonnaise	
<u>Seasonal Fruit Salad with Fresh Mint</u>	\$4.75 ½ lb
<u>Organic Wheat Berry Salad</u>	\$5.25 ½ lb
Dried Apricots, Raisins, Cranberries, Almonds, Scallions and Champagne Vinaigrette	
<u>Iceberg Wedge</u>	\$2.95 each
Cherry Tomatoes and Red Onion with Homemade Blue Cheese Dressing	
<u>Green Bean Salad</u>	\$4.95 ½ lb
Shallots, Tarragon and French Dressing	
<u>Asian Noodle Salad</u>	\$5.75 ½ lb
Cucumbers, Carrot, Chinese Sesame Oil Dressing	
<u>Green Lentil Salad</u>	\$7.00 ½ lb
Vegetable Brunoise & Sherry Vinaigrette	
<u>Curried Chicken Salad</u>	\$7.95 ½ lb
Celery, Grapes, Curry Dressing & Toasted Almonds	

VEGETABLES & GRAINS

<u>Grilled Vegetables</u>	\$5.00 ½ lb
Squash, Zucchini, Eggplant, & Bell Peppers in Rosemary Olive Oil	
<u>Mixed Mushrooms</u>	\$7.50 ½ lb
Sautéed with Shallots and Herbs	
<u>Sautéed Spinach with Garlic & Shallots</u>	\$5.25 ½ lb
<u>Rotisserie Potatoes</u>	\$6.50 ½ lb
With Thyme and Sea Salt	
<u>Baked Macaroni & Cheese</u>	\$2.95 each
With Brioche Crumbs	
<u>Broccoli & Cauliflower</u>	\$5.00 ½ lb
Olive Oil & Sea Salt	
<u>Grilled Asparagus</u>	\$7.95 ½ lb
<u>Root Vegetables with Sage & Shallots</u>	\$5.00 ½ lb

****Ask about our weekly seasonal salads, grains and vegetables!****

PACKAGED SALADS

<u>Caesar Crisp Romaine, Shaved Parmesan</u>	\$6.95
<u>Mesclun</u> Cherry Tomatoes, Goat Cheese, Herbs.....	\$7.00
<u>Baby Arugula</u> Cherries, Walnuts, Roquefort Cheese	\$7.75

Add Rotisserie Chicken for \$5.00

LUNCH SPECIAL – \$9.50
Pick two: ½ any sandwich, ½ any salad, or cup of soup

SANDWICHES

<u>Meatloaf Sandwich</u>	\$9.25
Homemade Meatloaf, Butter Lettuce, Red Onion, Tomatoes, Dijon Mustard & Herb Remoulade	
<u>Turkey & Cheese Wrap</u>	\$9.25
Roasted Turkey Breast, Emmentaler Cheese, Lettuce, Onion Sprouts, Tomatoes, & Mustard Dressing wrapped in a Whole Wheat Tortilla	
<u>Egg Salad Sandwich</u>	\$8.25
Organic Egg Salad with Chives, Tarragon, Lettuce on Brioche Bread	
<u>Shortrib Sandwich</u>	\$10.25
Braised Beef Shortrib, Caramelized Onions, Gruyere Cheese, Whole Grain Mustard on Brioche Bread	
<u>BLT Sandwich</u>	\$8.25
Apple Wood Smoked Bacon, Butter Lettuce, Tomatoes & Mayonnaise on Brioche Bread	
<u>Caprese Sandwich</u>	\$8.25
Local Mozzarella, Vine Ripe Tomatoes, Arugula, Basil Aioli on a Rustic Roll	
<u>Scandinavian Sandwich</u>	\$10.25
House Cured Gravlax, Cucumbers, Pickled Red Onion, & Dill-Honey Mustard on Pumpernickel	
<u>Steak Sandwich</u>	\$9.75
Marinated, Grilled Tenderloin with Argentinean Chimichurri, Lettuce, Tomato & Red Onion	
<u>Grilled Chicken Sandwich</u>	\$9.25
Grilled Chicken Breast, Goat Cheese, Arugula, Grilled Peppers & Spanish Tomato Romesco on Whole Grain Bread	
<u>California Sandwich</u>	\$8.95
Avocado, Tomato, Sprouts, Monterey Jack Cheese, Butter Lettuce & Homemade Ranch Dressing on Whole Grain Bread	

****Ask about our weekly soups!****

SPECIAL (½ Rotisserie Chicken, Chicken Tenders, Meatloaf, Pork, Meatball) SP + 1 \$10.95 / SP + 2 \$13.95
PREMIUM (Salmon) P + 1 \$13.95 / P + 2 \$16.95

ENTREES

<u>Classic Meatloaf</u>	\$8.00 ½ lb
<u>Homemade Chicken Tenders</u>	\$8.50 ½ lb
<u>Free Range Rotisserie Chicken</u>	\$14.75 each
<u>Nonni's Meatballs</u>	\$4.00 each
<u>Oven Roasted Pork Loin</u>	\$9.50 ½ lb
With Rosemary & Honey	
<u>Miso Marinated Salmon</u>	\$13.95 ½ lb