

## SANDWICHES - \$8.99

Served with a pickle spear | Gluten-free bread and wraps available - add \$3.00

- 1. Roast Beef** Sun dried tomato mayo, bacon, cheddar, mushroom, red onion on rosemary focaccia
- 2. Chicken Salad** Provolone, tomato, red onion, sprouts on rustic white
- 3. Albacore Tuna** Greens, red onion, tomato on rosemary focaccia
- 4. Salmon Herb Wrap** Herbed cheese spread, spinach, dill, sautéed onion and sun dried tomatoes in a spinach wrap
- 5. Chicken Wrap** Honey mustard, apple, red pepper, red onion, greens, provolone in a garlic herb wrap
- 6. Buffalo Chicken Wrap** Ranch, tomato, greens, shredded cheese in a white wrap
- 7. Avocado Wrap** Mayo, spinach, feta, tomato, red onion, roasted red pepper, sprouts in a spinach wrap
- 8. Tuscan Turkey Wrap** Cilantro mayo, roasted red pepper, tomato, fresh mozzarella, greens in a spinach wrap
- 9. Turkey** Sun dried tomato mayo, tomato, red onion, cheddar, greens on roasted garlic bread
- 10. Chicken** Pesto mayo, cheddar, red onion, greens on multigrain bread
- 11. Pastrami** Bistro sauce, mushroom, tomato, red onion, pepper jack on a rosemary focaccia
- 12. Roast Beef Wrap** Mayo, marinated mushroom, Swiss, red onion, greens in a garlic herb wrap
- 13. Veggie Wrap** Roasted red pepper sauce, Swiss, broccoli, tomato, red onion, carrot, mushroom, sprouts, spinach in a tomato wrap
- 14. Marinated Chicken** Pesto mayo, tomato, red onion, provolone, sprouts on roasted garlic bread
- 15. Ham** Bistro sauce, bacon, Swiss, red onion, greens on rosemary focaccia
- 16. Chicken Caesar Wrap** Diced grilled chicken, greens, artisan cheese blend, Caesar dressing and croutons in a white wrap
- 17. Ham Italian Wrap** Oil, tomato, red onion, greens, red pepper, pickle, kalamata olives, cheddar in a white wrap
- 18. Chicken** Roasted red pepper sauce, tomato, provolone, spinach on roasted garlic bread
- 19. Turkey** Pesto mayo, tomato, red pepper, carrot, greens on multigrain bread
- 20. Ham** Mayo, tomato, greens, herb and garlic cheese on rosemary focaccia
- 21. Turkey** Bistro sauce, tomato, red onion, provolone, greens on marble rye
- 22. Taco Wrap** Seasoned ground beef, tomato, red onion, cheese, greens, sour cream and salsa in a tomato wrap
- 23. Albacore Tuna Wrap** Bistro sauce, herb and garlic cheese, greens, tomato, red onion in a garlic herb wrap

## CAFÉ SANDWICHES - \$9.39

Served with a pickle spear.

Gluten-free bread/wrap available - add \$3.00

- Black Bean Wrap** Hummus, tomato, onion, avocado, greens, salsa in a tomato wrap
- Mexican Wrap** Cilantro mayo, grilled chicken, tomato, red onion, spicy rice and beans, pepper jack, greens in a tomato wrap
- Lots O' Veg Burger** Savory vegetable burger, fresh sprouts, tomato, onion, roasted red pepper sauce, herb and garlic cheese on rosemary focaccia

## HOT PANINI - \$9.39

Served with a pickle spear.

Gluten-free bread available - add \$3.00

- 24. Chicken Parmesan** Red sauce, breaded chicken, tomato, pesto and fresh mozzarella, grilled on Italian panini bread
- 25. Gourmet BLT** Sun dried tomato mayo, herbed cheese spread, smoked slab bacon, thick sliced tomato and greens, served on grilled multigrain bread  
**Add grilled chicken \$2.89**
- 26. Portabella Mushroom** Honey mustard, provolone, red onion, grilled on Italian panini bread
- 27. Pastrami** Chipotle aioli, Swiss, sautéed onion, roasted red pepper, grilled on Italian panini bread
- 28. Roast Beef** Sun dried tomato mayo, bacon, mushroom, red onion, herb and garlic cheese, grilled on Italian panini bread
- 29. Turkey** Sun dried tomato mayo, provolone, red onion, grilled on Italian panini bread
- 30. Ham** Honey mustard, turkey, Swiss, grilled on Italian panini bread
- 31. Reuben** Thousand Island, corned beef, Swiss, red onion, fresh pickled cabbage, grilled on marble rye
- 32. Meatloaf** Pesto mayo, American, sautéed onion, grilled on Italian panini bread
- 33. Avocado** Pesto, balsamic basil vinaigrette, tomato, spinach, fresh mozzarella, grilled on Italian panini bread
- 34. Thanksgiving** Cranberry mayo, turkey, herbed stuffing, cheddar, grilled on Italian panini bread
- 35. Eggplant Parm** Marinara sauce, breaded eggplant, fresh mozzarella, tomato, grilled on Italian panini bread
- 36. Filet Mignon** Bleu cheese crumbles, sautéed mushroom and onion in a balsamic glaze, grilled on Italian panini bread **\$13.39**

## TOASTED NAAN - \$9.69

Served with a pickle spear.

Gluten-free bread/wrap available - add \$3.00

- Veggie Naan** Pesto mayo, sautéed summer squash, zucchini and onion, roasted red peppers, fresh spinach and mushrooms, artisan cheese blend
- Cordon Bleu** Honey mayo, chicken, ham, Swiss
- Fajita Chicken** Salsa, seasoned chicken, red pepper, onion, mozzarella
- Tuna Melt** Albacore tuna, red onion, tomato, provolone
- Cuban** Chipotle aioli sauce, ham, pulled pork, Swiss, pickle
- Cheeseburger** Café sauce, ground beef, bacon, red onion, tomato, cheese blend, pickle, greens

## FLATBREAD PIZZA - \$10.39

Gluten-free crust available - add \$3.50

- Pesto Chicken** Pesto, chicken, mozzarella
- Reuben** Thousand Island, corned beef, red onion, pickled cabbage, pickles, mozzarella and Swiss
- Greek** Pesto, mozzarella, spinach, tomato, red onion, kalamata olives, feta
- Pulled Pork** BBQ pulled pork, creamy BBQ peppercorn sauce, mozzarella, sautéed peppers and onions
- Margherita** Pesto, oil, spinach, garlic, tomato, fresh mozzarella, roasted red pepper, balsamic glaze
- Pepperoni** Red sauce, pepperoni, mozzarella **\$8.39**

## KIDS CUISINE - \$6.29

Grilled cheese, chicken salad, turkey dogs, chicken tenders, tuna or PB&J, "roll-up" in a flour tortilla wrap. With applesauce or fruit cup. 100% juice box

## SALADS

FULL \$10.39 ~ HALF \$6.69

- Buffalo Chicken** Fresh greens, cucumber, grape tomato, red onion, shredded cheese, homemade croutons
- Grilled Chicken** Fresh greens, cucumber, grape tomato, red onion, shredded cheese, homemade croutons
- Greek** Fresh greens, grape tomato, red onion, kalamata olives, feta, homemade croutons, Greek dressing
- Craisin Pecan** Fresh greens, chicken salad, carrot, cucumber, red onion, raisins, toasted pecans, homemade croutons, raspberry vinaigrette dressing
- Apple Walnut** Fresh greens, seasoned chilled chicken, apple, red onion, red pepper, carrot, toasted walnuts, feta, homemade croutons, apple vinaigrette dressing
- Roasted Corn and Bean** Fresh greens, bacon, grape tomato, red onion, red beans, roasted corn, egg, roasted pumpkin seeds, homemade croutons, Parmesan peppercorn dressing
- Caprese** Fresh greens, grape tomato, kalamata olives, fresh mozzarella, roasted red pepper, homemade croutons, balsamic basil vinaigrette dressing
- Chilled Beet** Fresh greens, red onion, cucumber, carrot, pickled beets, feta, roasted sunflower seeds, homemade croutons, balsamic vinaigrette dressing
- Garden** Fresh greens, cucumber, grape tomato, red onion, shredded cheese, homemade croutons **\$8.39**  
**Side Garden Salad \$5.89**
- Caesar** Fresh greens, artisan cheese blend, homemade croutons, Caesar dressing **\$8.39**  
**Side Caesar Salad \$5.89**

## PROTEIN OPTIONS

- Chilled Diced Chicken \$2.89**
- Warm Grilled Chicken Breast \$3.69**
- Seared Shrimp \$4.39**
- Seasoned Salmon \$5.69**
- Seasoned Fillet Mignon \$6.69**
- Crab Cake \$6.69**
- Add a Flavor \$.50**  
Teriyaki, Maple Dijon, Lemon Dill, Thai Chili

## GOURMET SALADS

- Filet Mignon** Fresh greens, red onion, cucumber, grape tomato, bleu cheese crumbles, homemade croutons, bleu cheese dressing **\$14.39**
- Spinach Salad with Garlic Basil Shrimp** Fresh greens, spinach, carrots, grape tomato, pea pods, cucumber, blueberries, artisan cheese blend, homemade croutons, balsamic basil vinaigrette **\$13.39**
- Quinoa Salad** Fresh greens, spinach, carrots, pickled cabbage, pickled beets, roasted corn, red onion, red pepper hummus **\$12.39**
- Crab Cake Caesar** Fresh greens, red onion, artisan cheese blend, mango salsa, homemade croutons, creamy Caesar dressing **\$13.99**

## SALAD DRESSINGS

- Chunky Bleu Cheese, Ranch, Light Italian, French, Balsamic Basil Vinaigrette, Greek, Apple Vinaigrette, Thousand Island, Light Raspberry Vinaigrette, Parmesan Peppercorn, Honey Mustard, Creamy Caesar**

## SOUPS

- Soup of the Day** 12 oz. \$4.79  
16 oz. \$5.99
- Soup in a Bread Boule** \$8.39
- Soup and Half Sandwich** \$10.29  
12 oz. Soup (excludes wraps, naans, #36)
- Soup and Side Salad** \$11.39  
12 oz. Soup (excludes gourmet salads)