

SANDWICHES

Cheesesteak Angus roasted beef, Swiss cheese, caramelized onions, tomatoes, lettuce, red pepper aioli, served on a pressed baguette 10

Chicken Grill grilled chicken breast, Swiss cheese, tomatoes, baby spinach, basil aioli, serve on ciabatta roll 9

Turkey BLT fresh roasted turkey breast, applewood bacon, lettuce, tomato & mayo
served on a white or wheat bread 9 add: avocado 2

Sprouted Tuna Salad albacore tuna, tomatoes, shredded carrots, spinach, and sprouts
served on sourdough Or multigrain 9 add: avocado Or cheese 2

Triple Grill Cheese melted Swiss, Brie, Herb cheese sliced pears on thick sourdough 8
add: applewood bacon/avocado 2

Turkey & Brie fresh Roasted Turkey Breast, Brie, tomato, onion, lettuce, herb mayo
served on Ciabatta 9 add: avocado 2

Roasted Veggie& Hummus seasonal roasted vegetables, hummus, tomatoes, shredded carrots, spinach served on focaccia 8

Curry Chicken Salad curried chicken, pecans, celery, herb mayonnaise, pickled onions, tomatoes, spinach, sprouts served on a wrap 9

Hummus and Tabouli house made hummus, Bulgur cracked wheat, tomatoes, cucumbers, feta, served on a wrap 8
add: avocado/ roasted vegetables 2

House made veggie Burger black bean, sweet potato and Quinoa burger with red pepper aioli, avocado, tomato and greens served on ciabatta 8

Mozzarella, sun dried tomato, red onion, pesto, spinach on a pressed Focaccia 9

Italian Press Salami, Ham, Mozzarella, Tomatoes, Onion, Roasted red peppers, Olive oil on a pressed Baguette 9

Grilled Eggplant, Mozzarella, roasted red peppers, tomatoes, basil aioli, spinach on a grilled flatbread 9.

Add chicken 4

Ham & Cheese Baked Ham, Swiss Cheese, tomato, red onion, lettuce, stoneground mustard on grilled sourdough or multigrain bread 9.

Add fried egg 1

Turkey Rueben turkey, caramelized onions, Swiss cheese, thousand island on grilled rye 9

Foot long Dog with the works, ketchup, mustard, pickle, onion, jalapeño, relish, 5.75 2 dogs 9.5

SALADS

Field Green Salad with quinoa, tomatoes, onions, cucumbers, shredded carrots, sprouts crumbled feta house vinaigrette 8

Pear & Brie sliced pears, candied pecans, onions, applewood bacon, Brie cheese on Baby Spinach with a house vinaigrette. 8

Medley chopped lettuce, cucumbers, tomatoes, red onion, roasted red peppers, radishes, kalamata olives crumbled bacon and house vinaigrette 8

Create your own garden : add 1,2 or 3 scoops of any sides in deli case to above salads
1 scoop: 2 scoops 3 scoops

Add: Chicken 4. Avocado 2. Bacon 2 Cheese 3. Egg 1.

CHILDREN'S MENU

Grilled Cheese 6

PB & Jam or Banana 5

Ham or Turkey & Cheese 5.75

Foot Long dog 5

Small Plates

Meat and Cheese selection of meats and cheeses on a board with olives, rustic bread whole grain mustard and fig jam. 3 choices
15. Cheeses: Manchego, Brie, Gouda

6 choices 28.

Meats :Salumi, Prociutto, Chorizo

Grilled Flat Wrap chicken or roasted vegetables ,black bean salad, melted cheeses, onions, tomatoes, served with salsa and sour cream. 9
add guacamole 2

Hummus and Olives house made hummus, olives, crudites vegetables and warm pita 9

Guacamole house made with pico de gallo, Serrano peppers, sour cream, lime & tortilla chips 6

House made Salmon cake served with onions, capers, and red peppers with spicy aioli, red onions, cucumbers, on a bed of mixed greens 9.5

Quiche of the day savory quiche baked in a flaky pie crust served with side salad or mixed fruit 9

Smoked Salmon Plate regular or herb cream cheese, red onion, radish, capers, lettuce and rye toast points 9

BREAKFAST

Breakfast sandwich Farm fresh egg & cheese on whole grain toast, or biscuit. 7

Add: applewood bacon 2 Fresh Ham 2. Avocado 2

Avocado toast mashed on whole grain toast 6. Add egg 1

Bagel with regular or herb cream cheese 4.5. Add tomato & avocado 2 Smoked Salmon 4

Chia pudding with fruit, chia seeds, and almond milk 6

Fresh fruit with plain yogurt, fruit, and granola 6

Quinoa wrap scrambled eggs, tomatoes, spinach, black bean salsa, cheddar, salsa in a warm wrap

BRUNCH

Marinated Kale salad with Applewood Bacon, avocado, tomato. 8 poached eggs 2

Salmon Benny 2 poached eggs, with salmon, capers, onion, tomatoes on a bed of greens served with multigrain toast 12

Omelette of the day served with white or multigrain toast, bacon or ham & home fries 11

Quinoa wrap scrambled eggs, tomatoes, spinach, black bean salsa, cheddar, salsa in a warm wrap 11

7 grain pancakes with warm fruit, fresh yogurt, and maple syrup 9

Blintzes filled with cheese, topped with fresh fruit and yogurt 12

TheBasic 2 eggs your way with sourdough or multigrain toast bacon or ham & home fries 8

Steel cut oatmeal with warm fruit compote, pistachios and brown sugar 6

Sides : bacon 3. Toast 2. Bagel 3. Egg 2. Avocado 2. Biscuit 3. Home fries 2.5