

• be sure to check our daily specials •

<u>entrée salads</u>	half	full
Spinach Salad with toasted pecans, cherry tomatoes and orange segments in a citrus vinaigrette.....	5.25	9.25
Organic Greens with cucumbers, grated carrots, cherry tomatoes & feta cheese in a sherry shallot vinaigrette.....	4.50	7.50
Caesar Salad with traditional dressing and focaccia croutons.....	4.50	8.00
with addition of chicken breast (also available as a wrap).....	5.75	9.75
Baby Arugula with mozzarella cheese, extra virgin olive oil and balsamic vinegar.....	5.25	9.25
Soba Noodle Salad with Asian slaw, pea sprouts, snow peas, carrots & sesame ginger vinaigrette.....	5.50	9.50

hot sandwich board

Chicken with Vermont Cheddar Wrap with smoked pepper relish on a spinach wrap.....	9.50
Turkey Burger with lettuce, cranberry apple relish and herbed mayo on a kaiser roll..	9.50
Roasted Sesame Salmon Wrap with Asian slaw and soy scallion vinaigrette on a black bean wrap.....	10.25
Carolina Pulled Pork with black-coffee barbecue sauce on pane rustico with vinegar slaw.....	9.50
Smoked Turkey Bacon and Brie with green tomato marmalade in a sun-dried tomato wrap (also available as a salad).....	8.75
Hangar Steak Sandwich with caramelized onions, Vermont cheddar and chipotle lime aioli on baguette.....	10.50
Grilled Vegetable Wrap with seasonal vegetables and lime hummus in a spinach wrap.....	8.00
Buffalo Chicken Wrap with romaine, blue cheese and celery on a spinach wrap.....	9.50
Turkey Club with bacon, lettuce, tomato and herb mayo on multigrain toast.....	9.75

entree

Egg Linguine with mixed vegetables in a tomato sauce with herbs.....	10.25
Bacon and Onion Quiche with a side salad of organic green salad.....	9.00

design-your-own sandwich or panini *served with field greens if cold, spinach if hot*

Roasted Turkey Breast.....	7.25
Roast Beef.....	8.25
Smoked Ham.....	6.50
Smoked Turkey Bacon.....	7.25
California Tuna (also available as an open-faced melt).....	6.75
Tarragon Chicken Salad.....	6.75

combos.....9.50

breads baguette • pane rustico • multigrain • rye • housemade focaccia
cheeses (add \$1) brie • gruyere swiss • Vermont cheddar • mozzarella • crumbled blue
condiments dijon • smoked pepper relish • herbed mayo • tomato chutney
 • red onion confit • lemon feta aioli • sun-dried tomato pesto • apple cranberry relish • honey mustard