

### SANDWICHES & WRAPS

Comes with choice of side:

kettle chips, cottage cheese, grapes, organic spring mix, cup of soup \$1.00/bowl \$1.50

<p><b>Quesadilla</b> \$7.00</p> <p>Wheat tortilla stuffed with guacamole, cheddar cheese with pico de gallo and seasoned grilled chicken or without. Served with chips, salsa and sour cream. <i>648 cal</i></p>	<p><b>Turkey Stack</b> \$9.50</p> <p>Piled high with all-natural smoked turkey breast, applewood bacon, lettuce, sliced ripe tomato and herb cream cheese spread on a toasted focaccia roll. <i>690 cal</i></p>
<p><b>B.L.T.</b> \$8.00</p> <p>Toasted wheat bread with applewood bacon, lettuce, sliced ripe tomato and a homemade basil aioli. <i>515 cal</i></p>	<p><b>Southwest Quinoa Flatbread</b>  \$8.00</p> <p>Warm seasoned quinoa with black beans, peppers, corn, red onions, spinach, cilantro served on a grilled flatbread with homemade cilantro lime dressing. <i>609 cal</i> With protein: \$11.00</p>
<p><b>Reuben/Rachel</b> \$9.50</p> <p>Corned beef or all-natural smoked turkey breast on marble rye, topped with sauerkraut and Swiss cheese, grilled to perfection. Served with 1000 island dressing. <i>650/575 cal</i></p>	<p><b>Your Best Burger</b> \$8.00</p> <p>Choose angus beef or chicken breast on a wheat bun. Choose your favorite toppings: cheese, lettuce, tomato, onion, pickles. <i>average 500 cal</i> Add bacon + \$2.00</p>
<p><b>Garden Pesto Grilled Cheese</b>  \$8.00</p> <p>Griddled rosemary bread topped with pesto, gouda, cheddar cheese, balsamic glaze, sliced tomatoes and spinach. <i>650 cal</i></p>	<p><b>Steak Flatbread Sandwich</b> \$9.50</p> <p>Grilled flatbread topped with gouda cheese, steak, mushroom, onions and homemade steak sauce. <i>648 cal</i></p>
	<p><b>Chicken Bacon Ranch Melt</b> \$9.50</p> <p>Shredded chicken, applewood bacon, cheddar cheese and buttermilk ranch melted on sourdough white bread. <i>775 cal</i></p>



We proudly serve seasonal, locally-sourced ingredients whenever possible, and locally-roasted coffee.

Nutritionals are an estimate.

 Vegetarian



# lunch

10:30 a.m. - 2:00 p.m. | Serving Monday - Friday

## SALAD & HOMEMADE SOUP

Add all natural chicken breast or steak for \$3.00. Try your salad WRAPPED in a wheat tortilla!

### Caesar Salad ✓ \$7.50

Crisp romaine lettuce, grape tomato, red onion and homemade croutons tossed in Caesar dressing, and topped with shaved Parmesan cheese. *720 cal*

### House Salad ✓ \$7.50

A bed of fresh spring mixed greens, carrots, tomatoes, red onion, cucumber with choice of dressing. *150-250 cal*

### Greek Salad ✓ \$7.50

Mixed greens, red onion, cherry tomatoes, cucumbers, kalamata olives, pepperoncini and feta cheese with feta vinaigrette. *450 cal*

### Chopped BBQ Chicken Salad \$9.50

Chopped romaine topped with grape tomatoes, cilantro, corn, black beans, french fried onions and warm chicken breast. Served with BBQ ranch dressing. *750 cal*

### Southwest Quinoa Bowl ✓ \$7.50

Warm seasoned quinoa with black beans, peppers, corn, red onions and cilantro on a bed of spinach. Served with homemade cilantro lime dressing. *(534 cal)*

**With protein: \$10.50**

**Add Breadstick *160 cal* \$1.00**

**LUNCH  
COMBO  
\$8.00**

Half Sandwich &  
Choice of Salad

OR

Half Sandwich &  
Cup of Soup

OR

Half Salad &  
Cup of Soup

Sandwich:

- Turkey Stack (+ \$0.50)
- BLT
- Garden Pesto (+ \$0.50)
- Grilled Cheese

Salads:

- Caesar
- House
- Greek



Call (608) 417-7103 to place carry-out orders