

SALADS 6.95 EACH

CAESAR SALAD

ROMAINE, PARMESAN CHEESE, CROUTONS & LEMONS WITH A SIDE OF CAESAR DRESSING

CAPRESE SALAD

ROMAINE, SPINACH, GRAPE TOMATO, BOCCONCINI, MOZZARELLA & CHIFFONADE BASIL WITH SIDE OF BALSAMIC VINAIGRETTE

GREEK SALAD

ROMAINE, KALAMATA OLIVE, FETA CHEESE, GRAPE TOMATO, CUCUMBER & RED ONION WITH A SIDE OF GREEK DRESSING

BERRY SPINACH SALAD

SPINACH, STRAWBERRIES, RASPBERRIES, BLUEBERRIES, CANDIED PECANS, FETA CHEESE & RED ONION WITH A SIDE OF RASPBERRY VINAIGRETTE

ADD TO ANY SALAD

CHILLED CHICKEN, SHRIMP, OR SMOKED SALMON

2.50



WRAPS

ROASTED VEGETABLE, HUMMUS & QUINOA

7.25

MARINATED ZUCCHINI, RED PEPPER, YELLOW SQUASH, RED ONION & ROASTED PORTABELLA MUSHROOM WRAPPED IN A SUNDRIED TOMATO TORTILLA SHELL WITH SPINACH, HUMMUS & QUINOA

SMOKED SALMON BLTA

8.25

BACON, LETTUCE, TOMATO, SMOKED SALMON & AVOCADO WRAPPED IN A SPINACH TORTILLA

CURRY CHICKEN SALAD

8.00

CHICKEN CURRY SALAD WRAPPED IN A FLOUR TORTILLA

MEDITERRANEAN

7.25

TOSSED SALAD INFUSED WITH MEDITERRANEAN FLAVORS & SEASONED CHICKEN WRAPPED IN A SUNDRIED TOMATO TORTILLA



SANDWICHES

(CAN BE MADE PANINI STYLE (UPON REQUEST))

OVEN GOLD TURKEY BREAST

7.50

THIN-SLICED PROSCIUTTO AND HAVARTI CHEESE SERVED ON FOCACCIA BREAD

ROAST BEEF

7.50

SMOKED CHEESE WITH BALSAMIC MAYONNAISE SERVED ON SEATTLE SOURDOUGH

CURRY CHICKEN SALAD


7.75

SERVED ON CIABATTA BREAD

SMOKED SALMON BLTA

8.25

BACON, LETTUCE, TOMATO & AVOCADO SERVED ON 9-GRAIN BREAD



SOUP OF THE DAY

CUP	3.25
BOWL	4.50

ASSORTED BOTTLED BEVERAGES

3.00

BOTTLED WATER

1.50