

SANDWICHES

- ORGANIC CURRIED CHICKEN WITH LINGONBERRY CHUTNEY ON RAISIN WALNUT 8
- ORGANIC CHICKEN SALAD WITH APPLE, GRAPE & WATERCRESS ON RAISIN WALNUT 8
- ORGANIC TURKEY BREAST WITH BRIE, PEAR, HONEY & FIG COMPOTE ON WHEAT 9
- TUNA SALAD WITH APPLE & OLIVE TAPENADE ON OLIVE BREAD 8
- ORGANIC CAGE FREE EGG SALAD WITH ASPARAGUS ON WHEAT or 5 GRAIN 7.5
- CUBAN STYLE: PORK LOIN, GRUYERE, HAM, PICKLES & MUSTARD ON CIABATTA 9
- AUSTRIAN MEATLOAF W. DRIED TOMATO AIOLI, FRIED ONIONS & DIJON ON CIABATTA 9.5
- ORGANIC CHICKEN WIENERSCHNITZEL W. LINGONBERRY CHUTNEY & AIOLI ON CIABATTA 9.5
- GRILLED ORGANIC CHICKEN AVOCADO W. QUESO BLANCO & DRIED TOMATO ON CIABATTA 9.5
- GRILLED ORGANIC CHICKEN 'BLT': BACON, TOMATO, ARUGULA & AIOLI ON CIABATTA 9.5
- GRILLED ORGANIC CHICKEN GOUDA W. DRIED TOMATO AIOLI, ARUGULA ON CIABATTA 9.5
- PROSCIUTTO & FRESH FIG WITH RICOTTA, HONEY & BALSAMIC REDUCTION ON RAISIN WALNUT 10.5
- VEGAN SANDWICH: HUMMUS, ROASTED VEGGIES & DRIED TOMATO W. BASIL PESTO ON 5 GRAIN 8.5
- ROASTED VEGGIE WITH FRENCH GOAT CHEESE, DRIED TOMATO & BASIL PESTO ON 5 GRAIN 8.5
- GARDEN: HUMMUS, AVOCADO, WATERCRESS, TOMATO, CUCUMBER & CARROT ON 5 GRAIN 8
- GORGONZOLA DOLCE WITH FIG COMPOTE, PEAR & HONEY ON RAISIN WALNUT 9
- SMOKED SALMON WITH CREME FRAICHE, CUCUMBER & LIME ZEST ON WHEAT 12
- GRILLED CHEESE: GRUYERE, TALLEGIO & RACLETTE ON 5 GRAIN W. CARAMALIZED ONION & GRAINY MUSTARD 9

ADD A DAILY SIDE SALAD \$2.50 Extra or SMALL CUP OF SOUP \$3.50

ORGANIC SALADS

ALTHOUGH WE PAIR OUR DRESSINGS, YOU MAY CHOOSE YOUR OWN VINAIGRETTE: HOUSE, BALSAMIC, LEMON OR FRUIT

- CRISPY PROSCIUTTO & FIG SALAD WITH HALLOUMI , CANDIED PECAN & BALSAMIC ON ARUGULA 13
- SALAD NICOISE: TUNA SALAD, GREEN BEANS, TOMATO, EGG, OLIVES W. MIXED GREENS 11
- CHICKEN ARUGULA SALAD W. EDAMAME, CRANBERRY & CANDIED PECANS 12
- VEGAN: ARTICHOKE, TOMATO, EDAMAME, GREENS BEANS, HEARTS OF PALM, CUCUMBER & CORN 9.5
- PULLED CHICKEN SALAD W. APPLE AND GRAPE W. CANDIED PECANS & MANDARIN ON ARUGULA 11
- ROASTED VEGGIES W. FRENCH GOAT CHEESE & TOMATO ON MIXED GREENS 11
- BUFFALO MOZZARELLA W. CHERRY TOMATO, ZUCCHINI, PESTO, TAPENADE & SUNFLOWER SEEDS 13
- THREE CHEESE SALAD: BRIE, GRUYERE, & GORGONZOLA W. DRIED FRUITS & NUTS 12

ADD ORGANIC CHICKEN BREAST \$4 ADD FRENCH GOAT/BRIE/ GOUDA/ GRUYERE \$2.50 ADD AVOCADO OR BACON \$2

ORGANIC SIDE SALADS, PLATTERS & SOUP

- SALAD TRIO (3 SIDE SALADS) SERVED W. BREAD 12 (DAILY SELECTION VARIES)
- SINGLE SIDE SALAD \$4 for 8oz / \$7.50 FOR 16oz (TAKE IT HOME WITH YOU!) (\$2.50 if you add to a sandwich)
- CHEESE PLATTER: SELECTION OF FOUR FINE CHEESES WITH DRIED FRUITS, NUTS & BREAD BASKET 15
- CHARCUTERIE PLATTER: SALAME, CHORIZO, PARISIAN HAM & BRESAOLA WITH OLIVES & BREAD BASKET 15
- TASTING PLATTER: 6 SMALL SIDE SALADS MIXED (EGG, TUNA, CURRY, CHICKENSALAD & DAILYS) 13
- SIDE OF TUNA SALAD, EGGSALAD, CHICKEN CURRY, OR CHICKEN SALAD W/ GRAPE 4
- ON A BED OF FIELD GREENS OR ARUGULA ADD 3.5
- DAILY HOT OR COLD SOUP CUP 3.5 BOWL 5.5 32oz Frozen Soups 10

PRICES AND AVAILABILITY MAY CHANGE DUE TO SEASONALITY.

LUNCH.