

SALAD BOWLS OR TORTILLA WRAPS

✓ **TUSCAN** - Baby Kale, Tomatoes, Chick Peas, Kalamata Olives, Carrots, Broccoli, Feta, Scallions, Cheesy Croutons (Feta Cheese Dressing) - 9.99

✓ **SOUTHWESTERN** - Romaine, Cilantro, Poblano Corn, Black Beans, Red Onions, Tortilla Chips, Cheddar Jack Cheese (Chipotle Pepper Aioli Dressing) - 9.99

✓ **FRUIT** - Arugula, Spinach, Feta, Walnuts, Blueberries, Strawberries, Apples (Northwest Raspberry Dressing) - 9.99

CALIFORNIA

Spring Mix, Romaine, Carrots, Red Onion, Cherry Tomatoes, Hard Boiled Egg, Bacon, Mushrooms, Avocado (Lemon Dijon Dressing) - 9.99

✓ **ASIAN** - Spring Mix, Red Cabbage, Carrots, Slivered Almonds, Crunchy Noodles, Edamame, Scallions (Sweet Chili Dressing) - 8.99

✓ **CAESAR** - Romaine, Baby Spinach, Cherry Tomatoes, Shaved Parmesan, Cheesy Croutons (Creamy Caesar Dressing) - 7.99

"NEW" GREEK SALAD WITH BROWN RICE -

Spinach, Spring mix, cucumbers, tomatoes, Garbanzo beans, sweet corn, Feta cheese, Kalamata olives, scallions, brown rice, Greek Feta dressing. - 9.99

BUILD YOUR OWN SALAD - Includes four Regular add-ons- 7.99

ADD A PROTEIN:

Grilled or Blackened Chicken - 2
(hormone and antibiotic free)

Angus Beef Sirloin Steak - 3

Grilled or Blackened Salmon* (grilled or blackened) - 4

Shrimp - 4

Tuna* - 4

✓ Tofu - 2

(Fish is fresh from sustainable sources.)

✓ VEGETARIAN MENU ITEMS

Before placing your order, please inform your server if a person in your party has a food allergy

DELI STYLE SANDWICH MEALS

All Sandwiches Include Coleslaw or Potato Chips and a Pickle

CORNERED BEEF*

On Rye w/ Mustard or Reuben - 11.99

PASTRAMI*

On Rye w/ Mustard or Reuben - 11.99

*COOKED DAILY ON PREMISE

ROAST BEEF

Lettuce, Tomato, Horseradish or Sundried Tomato Dressing - 9.99

CHICKEN BREAST

Lettuce, Tomato, Avocado, Bacon, Mayo - 9.99

TURKEY BREAST

Lettuce, Tomato, Avocado, Bacon, Mayo - 9.99

PORTABELLA MUSHROOM

Lettuce, Tomato, Caper Mayonnaise - 9.99

"NEW" CLASSIC BLT

Bacon, Lettuce, & Tomato - 8.99

"PICK TWO" COMBOS

CUP OF SOUP | SIDE SALAD | HALF SANDWICH

- Corned Beef, Pastrami, Roast Beef - 8.99
- Grilled Chicken, Turkey, Portobello - 7.99
- Cup of Soup and Side Salad - 6.99

LIGHTER SIDE - 6 OZ. SANDWICH ONLY

- Corned Beef, Pastrami, Roast Beef - 8.99
- Grilled Chicken, Turkey, Portobello - 7.99

OUR BIGGEST AND BEST NY DELI STYLE SANDWICH

12 oz Corned Beef or Pastrami on rye w/ mustard or Reuben - 15.99

SOUPS

8 oz. Cup - 2.99 | 16 oz. Bowl - 4.99

This Month's Selection:

- Poblano Chicken
- New England Clam Chowder
(Clam chowder is gluten free)

SIDES

AVOCADO FRIES - 2.99

FLAME ROASTED WHITE CORN WITH POBLANO PEPPERS - 1.99

CITRUS GLAZED GREEN BEANS WITH BROWN RICE & APPLES - 1.99

SHOESTRING FRIES - 1.99

POTATO CHIPS
(MADE FRESH DAILY) - 1.99

COLESLAW - 1.99

Tortilla Wraps (White & Spinach), Rye, Sourdough, Wheat, Hearty White, Udi's Gluten Free

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SALAD ADD-ONS AND DRINKS

SALAD ADD-ONS:

PREMIUM ADD-ONS:

Almonds, Artichokes, Avocado, Bacon, Hard Boiled Eggs, Kalamata Olives, Pistachios, Pomegranate Seeds, Walnuts - .99 ea.

CHEESES - .49 ea.

American, Cheddar Jack, Feta, Goat, Parmesan, Gorgonzola

REGULAR ADD-ONS (ANY FOUR ITEMS - - 1.49)

Bean Sprouts, Beets, Black Beans, Broccoli, Carrots, Chickpeas, Cucumber, Poblano or Roasted Corn, Edamame, Red Onion, Jalapeno Peppers, Sweet Peppers, Fresh or Roasted Tomatoes, Scallions, Cilantro, Parsley, Sunflower Seeds, Apples, Dried Cranberries, Blueberries, Strawberries, Cheesy Croutons, Crisply Noodles, Tortilla Chips, Quinoa, Brown Rice

DRESSINGS (No Additives or Preservatives)

Balsamic Vinaigrette	Ranch
Red Wine Vinaigrette	Lemon Dijon White Balsamic
Sweet Chili	Feta Cheese
Fuji Cider Vinaigrette	Northwest Raspberry (Ref & FF)
Thousand Island	Danish Blue Cheese
Creamy Caesar	Chipotle Pepper Aioli
Oil & Vinegar	La Maison Herb

KIDS MEAL **Includes choice of side & drink** - 4.99

- Shoestring Fries, Home-Made Potato Chips, Coleslaw or Veggie Dipper)
- Milk, Chocolate Milk or Apple Juice

- 1 Breaded Chicken Strips (gluten free)
- 2 Mac & Cheese
- 3 Grilled Chicken Slices
- 4 Grilled Cheese Sandwich

DESSERTS

- Yogurt Parfait with fresh Berries & Granola - 2.99
- Cookies (Oatmeal, Chocolate, Sugar) - 1.00

DRINKS

- Stubborn soft drinks - 1.49 *(Pure cane sugar, no high fructose corn syrup)*
- Izzies Fruit Juices - 1.99
- Pure Leaf Teas (unsweetened, Lemon, Diet) - 1.99
- Pellegrino Sparkling Water - 1.99
- Aquafina Bottled Water - 1.29
- Bottled Beers - 5.00
- Wine (6oz) - 5.00
- Citava Coffee - 1.49

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