

SANDWICHES

Curried Chicken Chicory Wrap - 12

curried chicken salad - mayonnaise, raisins, granny smith apples & celery - radicchio & hearts of romaine on a tortilla wrap - (DF)

Honey Roasted Turkey & Smoked Provolone - 12

honey roasted turkey breast, smoked provolone cheese, dijonaise dressing & baby red oak on ciabatta bread

SOUPS

Bowl of Soup - 12

choice of daily soup specials - served with bread roll & butter

SALADS

Skuna Bay Salmon Salad - 15

baby lettuce mix, roasted summer squash, Skuna Bay salmon, Israeli couscous & crumbled feta cheese (on the side) with an agave lemon vinaigrette - (DF)

BBQ Tempeh Salad - 13

True Leaf Farms spinach, BBQ tempeh, shredded cabbage and carrots, hot house cucumbers & smoked sunflower seeds with a chipotle lime vinaigrette - (V/VG/DF/GF)

Southwest Chicken Chopped Salad - 14

romaine hearts, spiced chicken breast, pan-roasted corn, spiced black beans, heirloom toybox tomatoes & shredded cheddar cheese with a chipotle ranch dressing - (GF)

BOWL

Harissa Chickpea

Grain Bowl - 14

organic brown rice and red quinoa mix, harissa chickpeas (spicy), roasted summer squash, hot house cucumbers & shredded carrots with an agave lemon vinaigrette - (V/VG/DF/GF)

SIDES

Pesto Orzo Salad - 5

basil pesto, capers, kalamata olives, celery, red bell peppers, grape tomatoes, green onions & parsley with extra virgin olive oil - (V/NF)

Potato Salad - 5

golden yukon potatoes, fresh dill, onion, eggs, capers, celery, dijon mustard & mayonnaise - (V/GF)

Side Garden Salad - 7

spring mix, shredded carrots, heirloom toybox tomatoes & hot house cucumbers with a balsamic vinaigrette - (V/VG/DF/GF)

All items are pre-packaged with no substitutions, and prepped in a facility that contains wheat, nuts & dairy.

V - Vegetarian | VG - Vegan | DF - Dairy Free | GF - Gluten Free