

# Spring



## Café Menu

### Entrée Salads

#### **Harissa Rubbed Chicken & Kale Salad** \$15

dino kale, brown rice, garbanzo beans, sunflower seeds, mandarin orange, feta cheese and harissa rubbed chicken with a creamy red wine dressing (GF)

#### **Smoked Tofu & Spinach Salad** \$14.50

spinach, red onion, button mushrooms, red radish, fennel, black beans and smoked tofu with a champagne vinaigrette (V, VG, GF, DF)

### Sandwiches & Wraps

#### **Turkey & Jack Baguette Sandwich** \$14.50

oven roasted turkey, monterey jack cheese and romaine lettuce with basil pesto and mayonnaise spread on a baguette

#### **Sweet Beet Baguette Sandwich** \$13.50

herb roasted sweet potato, beets, arugula, feta cheese and a balsamic reduction on a baguette (V)

#### **Rosemary Chicken Salad Wrap** \$14.50

roasted chicken, red & green cabbage, carrots, sunflower seeds and red onion with rosemary mayonnaise spread on a tomato tortilla

### Bowls

#### **Grain Bowl** \$15

organic brown rice and quinoa mix, spinach, red onion, button mushrooms, crispy garlic chips, roasted beets and sweet potato with a citrus mustard vinaigrette (V, VG, DF, GF)

### Small Side Salads & Soup

#### **Spring Side Salad** \$9

romaine and spring mix, kidney beans, red radish, currants and red cabbage with a vegan cilantro dressing (V, VG, DF, GF)

#### **Arugula, Fennel & Orange Side Salad** \$6

arugula, fennel, oranges, currants and feta cheese with a poppy seed dressing (V, GF)

#### **Albacore Tuna Side Salad** \$7

albacore tuna, pickled ginger, water chestnuts, carrots, celery, horseradish and mayonnaise on a bed of spinach

Add two slices of wheat bread +\$4.00

#### **Daily Soup Special** \$12

daily soup special with bread roll and butter

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

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