

LUNCH

11:30AM - 7:45PM

EACH ORDER COMES WITH A COLD BREWED ICED TEA

SANDWICHES & WRAPS:

replace with gluten-free bread + \$0.75

- TURKEY CLUB - smoked turkey breast, bacon, lettuce hearts, local farm beefsteak tomato, avocado, house vegan mayo on house sourdough. \$9.87
- AVOCADO TOAST (VEGAN) - avocado spread, pumpkin seeds, red pepper flakes on house sourdough served w/ baby arugula salad. \$9.87
- HUMMUS AVOCADO - red pepper & lime hummus, avocado, organic baby spinach, organic tomato, pickled onion on house sourdough. \$9.87
- AVOCADO & Egg - egg salad (organic local eggs, house vegan mayo, lemon, mustard & dill), avocado on house sourdough. \$9.87
- GRILLED CHICKEN GUACAMOLE MANGO WRAP - roasted local farm pastured chicken breast, guacamole, red pepper & fresh mango on whole wheat wrap. \$10.79
- CAESAR SALAD WRAP - grilled local pastured chicken breast, parmesan, romaine and tomatoes, homemade croutons, house Caesar salad dressing on whole-wheat wrap. \$10.79
- TUNA SALAD - sustainable tuna, cornichons, organic celery, local tzaziki, organic parsley, dill, house vegan mayo on house sourdough. \$10.79
- MEATBALL MARINARA - grass-fed beef meatballs served w/ fresh lioni mozzarella, tomato marinara sauce on a toasted baguette. \$10.79
- TOFU MARINARA - organic vegetarian tofu-balls served w/ fresh lioni mozzarella, tomato marinara sauce on a toasted baguette. \$10.79

FRESH HOMEMADE PASTA:

homemade gluten-free pasta available

- PESTO - tomatoes, mozzarella, house pesto, homemade pasta. \$11.79
- BOLOGNESE - grass-fed local farm beef, tomato sauce, spices, homemade pasta. \$12.79
- SWEDISH MEATBALLS - grass-fed local farm beef, creamy sauce, homemade pasta. \$12.79

PANINI (5 MIN WAIT):

- GOAT CHEESE TURKEY PANINI - smoked turkey, goat cheese, swiss cheese, bacon, cashews pesto, house raspberry preserves on ciabatta. \$10.79
- VEGETARIAN RUEBEN PARADISE - roasted tempeh & carrots in sesame tamari dressing, house sriracha sauce, organic sauerkraut american cheese on house sourdough bread. \$10.79
- CHICKEN KALE PESTO - grilled pastured chicken, mozzarella, homemade kale pesto & romesco sauce, tomato on ciabatta. \$10.79

DAILY HOMEMADE HOT SOUP SERVED W/ HOUSE BREAD

12OZ | \$6.89 16OZ | \$7.89