



Lunch

Soups-(Please ask for soup(s) of the day)

Small soup 7.80

Large soup 8.75

Grilled Bagel Sandwiches 9.29

-Old Fashioned Ham - Swiss cheese, arugula, tomato, cream cheese, honey mustard, garlic mayo & fresh sage.

- Tuna salad - cheddar, cream cheese, mayo, arugula, tomato, & fresh thyme.

Grilled Paninis** ½ 7.80/15.25

-Roast Chicken - mozzarella, spinach, tomato, fresh basil, aioli, and seeded dijon.

-Veggie** - Arugula, mozzarella, artichoke hearts, roasted red pepper, sundried tomato, fresh basil, sundried tomato pesto, housemade mayo, truffle oil.

-Chicken Sundried Tomato Pesto** - chicken breast, sundried tomato pesto, mozza, chevre cheese, garlic mayo, spinach and fresh basil.

Grilled Wraps** ½ 7.80/15.25

-Mango Chicken - chicken breast, rice, tomato, cilantro, red and green pepper, red & green onion, basil, feta, sesame oil, mango, spinach, & sweet chili sauce..

-Black Bean Baja - rice, black beans, corn, cilantro, tomato, red onion, assorted spices, spinach, red & green peppers, mixed herbs, avocado, 4 cheese blend & chipotle sour cream.

-Thai Chicken* - chicken breast, rice, tomato, red onion, red & green pepper, cilantro, basil, sweet chili sauce, thai slaw, **peanut** sauce, sesame oil, soy sauce & green onion.

* does contain nuts

** paninis or wraps may change periodically.

Salads

Garden Vegetable 14.50

Organic mixed greens, cucumber, olives, red onion, grape tomatoes, feta cheese, & Balsamic vinaigrette.

Baby Spinach 15.75

Organic baby spinach, walnuts, goat cheese, cherry tomatoes, red onion & a raspberry vinaigrette.



Lunch combos available

½ combo/soup* 15.45

Full combo/soup* 22.25

Lunch Bagel/soup* 16.30

*or mixed greens;
+\$1 baby spinach

GST not included