



SALADS

House Salad

Organic Field Greens, Cucumbers, Yarnick's Tomatoes, & Onions
with House-Made Blood Orange Vinaigrette

Small \$4.49 - Large \$5.49

Specialty Salads

Chicken and Asparagus Salad – Asparagus Tips, Gerber Chicken, Red Onion, & Cucumber tossed with Oven-Roasted Tomato-Tarragon Yogurt and served over Organic Field Greens mixed with Cranberry Vinaigrette

Shrimp Salad – Organic Field Greens with Marinated and Sustainably Harvested Shrimp, Sweet Corn, Red Onion, Cherry Tomatoes, & Avocado tossed in Cilantro-Lime Vinaigrette

Tropical Fruit Salad* – Organic Spinach with Mango, Pineapple, Papaya, Toasted Almonds, & Goat Cheese tossed in Red Wine Vinaigrette

White Bean Dip and Barley Salad** – Warm White Bean Dip finished with Olive Oil & Fresh Thyme and served with Grilled Six Grain Crostini and Arugula, Barley, Wild Mushroom, & Red Onion Salad tossed in Herb Vinaigrette

Large \$7.95

*Vegetarian

**Vegan

Grilled Tofu or Chicken can be added to any salad for \$2.50

SANDWICHES & WRAPS

Naan Platter* – Pickled Vegetables, Sautéed Organic Spinach, Chickpeas, & House-Made Paneer served with Cucumber Raita & Warm Naan Bread

Paj Baji** – Thick Potato-Based Vegetable Curry served on Mini Slider Buns

Chicken Avocado Wrap – Ground Chicken, Shredded Lettuce, Avocado, Fresh Pico de Gallo, & Locally-Made Cheddar Cheese on a Whole Wheat Wrap

Turkey “Wimpie” Sliders – Slow-Roasted Pulled BBQ Turkey served on a Slider Bun

Quiche of the Day – Served with a small House Salad

\$7.95

Served with House-Made Citrus Coleslaw or Side Salad of the day

*Vegetarian **Vegan

Grilled Tofu can replace any protein to make a vegetarian option & Grilled Chicken can be added to any plate for \$2.50

Flatbreads

Cheese \$3.75

Pepperoni \$3.95

Daily Special \$4.25

Pick Two

\$8.45

½ Sandwich, Wrap or Panini

½ Specialty Salad

Cup of Soup

Soup

Soups made daily; vegan & vegetarian options available

\$3.95

KIDS' MENU

\$4.99

Served with Organic Fruit, Organic Carrots & Organic Juice Box or Milk

Chicken Taco Wrap – Ground Chicken, Fresh Pico de Gallo, Cheddar Cheese, & Shredded Romaine on a Whole Wheat Wrap

Mac & Cheese – Whole Wheat Pasta & Steamed Broccoli Florets with Local Yogurt Cheese Sauce

Peanut Butter & Fresh Berry Panini – Organic Peanut Butter & Organic Fresh Berries on Honey Wheat Grain Bread