



Thursday, September 26, 2013

SOUP OF THE DAY

Chipotle Pumpkin

Small Cup - 5.00/Large Cup - 6.50/add baguette -.50

SALADS & SANDWICHES

Green Salad-6.25

w/sprouts & asparagus & tomatoes

Cabbage & Kale Salad-6.50

*w/caramelized onion, brown rice vinegar
& Salemme pepper (an heirloom chili pepper with attitude)*

Mixed Grain Salad-6.50

w/caramelized onions & dried fig

Quinoa Salad-6.50

*w/sun dried tomatoes, smoked mozzarella, herbs, orange
segments, pumpkin seeds & pumpkin oil*

Fresh Salmon w/Orzo-7.25

& candied lemon

Buckwheat Noodle Salad-6.50

*w/steamed veggies
bok choy, snap peas, sprouts, green beans,
onions, & dulce (dried seaweed)*

Flank Steak Wrap-7.50

w/chipotle aioli, lettuce & tomato

Fresh Roast Turkey Wrap-7.50

w/cranberry mustard, lettuce & tomato

Tomato & Mozzarella Wrap-7.50

BBQ Chicken Wrap-7.50

w/ lettuce & tomato

FRESH BAKERY ITEMS

Chocolate Chunk Cookies

-.125 each

COLD SOUPS IN THE CASE

Southwest Chicken

Chicken w/Vegetables & Orzo

Black Bean Chili

-.6.50 each