



Daily Lunch Specials Menu

for Tuesday, June 13, 2017

SOUPS

<i>Pickle</i>	\$ 3.75 Pint
<i>Potato Leek w/Turkey</i>	\$ 3.75 Pint
<i>COLD SOUP Organic Watermelon</i>	\$ 4.95 Pint
<i>ORGANIC Yellow Pea - Vegan</i>	\$ 4.75 Pint

HOT BAR

Any Regular Item Combination ONLY \$ 7.99 Lb.

<i>Breaded Pork Chops</i>
<i>Corn w/Cilantro</i>
<i>Grilled Chicken Tender w/Sweet & Chili Sauce</i>
<i>Pasta w/Broccoli & Cherry Tomatoes</i>
<i>Rice w/Chickpeas</i>
<i>Steamed Red Potatoes</i>

SANDWICHES/WRAPS

1. Roast Beef Sandwich	\$ 9.50 Each
<i>Homemade Roast Beef, Horseradish Cheddar Cheese, Tomato, Arugula and Horseradish Sauce on Rye Bread</i>	
2. Chicken Breast Wrap	\$ 9.50 Each
<i>Free Range Chicken Breast, Avocado, Roasted Red Peppers, Lettuce and Russian Dressing on Whole Wheat Wrap</i>	
3. Blue Cheese Wrap	\$ 9.00 Each
<i>Cambozola Blue Cheese, Avocado, Cucumber, Tomato, Red Cabbage, Shredded Carrots, Sprouts, Lettuce and Herb Mayo</i>	
4. Feta & Veggie Sandwich	\$ 8.50 Each
<i>Feta Cheese, Avocado, Tomato, Cucumber, Carrot, Cabbage, Sprouts, Lettuce and Basil Pesto on Organic 7-Grain Hero</i>	
5. Vegan Burger	\$ 8.50 Each
<i>Vegan Burger, Avocado, Arugula, Tomato, Onion, Lettuce, Pickle and Hummus on Organic 7-Grain Hero</i>	

FEATURED SPECIALS

<i>Whole Wheat Cheese Pizza w/Vegetables</i>	\$ 4.25 Slice
<i>SALAD of the DAY- Mixed Salad w/Walnuts and Cranberries</i>	\$ 7.99 Lb.