



Daily Lunch Specials Menu

for Thursday, June 15, 2017

SOUPS

| | |
|---|--------------|
| <i>Chili - Vegan</i> | \$ 3.75 Pint |
| <i>Three Bean w/Ham</i> | \$ 3.75 Pint |
| <i>COLD SOUP Organic Watermelon</i> | \$ 4.95 Pint |
| <i>ORGANIC Butternut Squash - Vegan</i> | \$ 4.75 Pint |

HOT BAR

Any Regular Item Combination ONLY \$ 7.99 Lb.

| |
|---|
| <i>Antibiotic Free Turkey Burger w/Tomato Sauce</i> |
| <i>Pasta Primavera</i> |
| <i>Peas & Corn</i> |
| <i>Rice & Beans</i> |
| <i>Steamed Sweet Potatoes</i> |
| <i>Swedish Meat Balls</i> |

SANDWICHES/WRAPS

| | |
|--|---------------|
| 1. Salmon Sandwich | \$ 12.95 Each |
| <i>Wild Smoked Salmon, Capers, Tomato, Cucumber, Arugula, Red Onion, Lemon and Herb Mayo on Organic 7-Grain Hero</i> | |
| 2. Ham & Swiss Sandwich | \$ 9.50 Each |
| <i>All Natural Honey Maple Ham, Swiss Cheese, Tomato, Organic Mesclun Salad and Deli Mustard on Sliced Rye Bread</i> | |
| 3. Roasted Veggies & Goat Cheese Sandwich | \$ 8.50 Each |
| <i>Goat Cheese, Zucchini, Squash, Eggplant, Roasted Pepper, Mushrooms, Sprouts and Sun-Dried Tomato Dressing on Organic 7-Grain Hero</i> | |
| 4. Organic Pepper Jack Sandwich | \$ 8.50 Each |
| <i>Organic Pepper Jack, Avocado, Tomato, Cucumber, Carrot, Cabbage, Sprouts, Lettuce and Herb Mayo on Organic Ciabatta</i> | |
| 5. Marinated Tofu Sandwich | \$ 8.50 Each |
| <i>Tofu Lin, Avocado, Cucumber, Tomato, Shredded Carrots, Spinach, Sprouts 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. |