



Daily Lunch Specials Menu

for Friday, June 16, 2017

SOUPS

<i>German Cabbage - Vegan</i>	\$ 3.75 Pint
<i>New England Clam Chowder</i>	\$ 3.75 Pint
<i>COLD SOUP Organic Watermelon</i>	\$ 4.95 Pint
<i>ORGANIC Quinoa w/Veggies - Vegan</i>	\$ 4.75 Pint

HOT BAR

Any Regular Item Combination ONLY \$ 7.99 Lb.

<i>Brown Rice</i>
<i>Buffalo Chicken Wings</i>
<i>Flounder Fillet Parmigiana Style</i>
<i>Pasta</i>
<i>Roasted Yellow Yukon Potatoes</i>
<i>Steamed Broccoli</i>
<i>Steamed Pierogi w/Potato & Cheese</i>

SANDWICHES/WRAPS

1. Salami & Provolone Sandwich	\$ 9.50 Each
<i>All Natural Genoa Salami, Provolone Cheese, Roasted Red Peppers, Lettuce and Deli Mustard on Italian Baguette</i>	
2. Tuna Salad Sandwich	\$ 7.95 Each
<i>Tuna Salad, Tomato, Cucumber, Arugula and Onion on Pumpernickel Bread</i>	
3. Gouda Cheese Wrap	\$ 9.00 Each
<i>Raw Cow's Milk Aged Gouda, Avocado, Cucumber, Tomato, Sprouts, Carrots, Arugula and Herb Mayo on WW Wrap</i>	
4. Vegan Ground "Beef" Sandwich	\$ 9.50 Each
<i>Vegan Ground Beef Style, Pickled Jalapeno Peppers, Onion, Roasted Peppers, Tomato, Spinach and Vegan Mayo on Organic 7- Grain Bread</i>	
5. Vegan Chicken Wrap	\$ 8.95 Each
<i>Vegan Tofurky Chicken, Onion, Roasted Peppers, Fresh Tomato, Avocado, Spinach, Vegan Mayo on WW Wrap</i>	

FEATURED SPECIALS

SALAD of the DAY- Caesar Salad	\$ 5.99 Lb.
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