



Daily Lunch Specials Menu

for Tuesday, June 20, 2017

SOUPS

Classic Lentil w/Ham \$ 3.75 Pint

Vegetable Barley - Vegan \$ 3.75 Pint

COLD SOUP Gazpacho \$ 4.95 Pint

ORGANIC Chickpeas w/Sweet Potatoes & Kale - Vegan \$ 4.75 Pint

HOT BAR

Any Regular Item Combination ONLY \$ 7.99 Lb.

Antibiotic Free Chicken Leg Paella w/Seafood

Egg Fettuccine

Pork Goulash w/Mushroom

Rice w/Saffron & Chickpeas

Steamed Cauliflower

Steamed Sweet Potatoes

SANDWICHES/WRAPS

1. Roast Beef Sandwich \$ 9.50 Each
Homemade Roast Beef, Horseradish Cheddar Cheese, Tomato, Arugula and Horseradish Sauce on Rye Bread

2. Chicken Breast Wrap \$ 9.50 Each
Free Range Chicken Breast, Avocado, Roasted Red Peppers, Lettuce and Russian Dressing on Whole Wheat Wrap

3. Blue Cheese Wrap \$ 9.00 Each
Cambozola Blue Cheese, Avocado, Cucumber, Tomato, Red Cabbage, Shredded Carrots, Sprouts, Lettuce and Herb Mayo

4. Feta & Veggie Sandwich \$ 8.50 Each
Feta Cheese, Avocado, Tomato, Cucumber, Carrot, Cabbage, Sprouts, Lettuce and Basil Pesto on Organic 7-Grain Hero

5. Vegan Burger \$ 8.50 Each
Vegan Burger, Avocado, Arugula, Tomato, Onion, Lettuce, Pickle and Hummus on Organic 7-Grain Hero

FEATURED SPECIALS

Whole Wheat Cheese Pizza w/Vegetables \$ 4.25 Slice

SALAD of the DAY- Mixed Salad w/Walnuts and Cranberries \$ 7.99 Lb.