



# Daily Lunch Specials Menu

for Thursday, June 22, 2017

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## SOUPS

<i>Black Eyed Pea w/Turkey</i>	\$ 3.75 Pint
<i>Garden Vegetables - Vegan</i>	\$ 3.75 Pint
<i>COLD SOUP Gazpacho</i>	\$ 4.95 Pint
<i>ORGANIC Red Lentil - Vegan</i>	\$ 4.75 Pint

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## HOT BAR

Any Regular Item Combination ONLY \$ 7.99 Lb.

<i>B. B. Q Chicken Wings</i>
<i>Baby Carrots w/Dill Butter</i>
<i>Corned Beef w/ Cabbage</i>
<i>Ela's Pasta</i>
<i>French Fries</i>
<i>Rice w/Chickpeas &amp; Corn</i>
<i>Steamed Red Potatoes</i>

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## SANDWICHES/WRAPS

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

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## 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.