



Daily Lunch Specials Menu

for Thursday, October 12, 2017

SOUPS

<i>German Vegetable - Vegan</i>	\$ 3.75 Pint
<i>Potato Leek w/Ham</i>	\$ 3.75 Pint
<i>COLD SOUP Organic Papaya</i>	\$ 5.99 Lb.
<i>ORGANIC Cream of Broccoli</i>	\$ 4.75 Pint

HOT BAR

Any Regular Item Combination ONLY \$ 7.99 Lb.

Antibiotic Free BBQ Chicken Drumsticks

Baby Carrots w/Dill

Egg Fettuccine

French Fries

Irish Beef Stew

Rice & Peas w/Corn

Steamed Sweet Potatoes

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

Whole Wheat Cheese Pizza w/Vegetables \$ 4.25 Slice

SALAD of the DAY- Garden Salad \$ 5.99 Lb.
Lettuce, Tomato, Red Onion, Cucumber, Carrot, Red Cabbage, Olive Oil, Red Vinegar, Salt, Pepper