



Daily Lunch Specials Menu

for Tuesday, November 14, 2017

SOUPS

Classic Lentil w/Ham \$ 3.75 Pint

Tortilla - Vegan \$ 3.75 Pint

ORGANIC Cream of Broccoli \$ 4.75 Pint

HOT BAR

Any Regular Item Combination ONLY \$ 7.99 Lb.

Brown Rice w/Veggies

Buffalo Chicken Wings

Pasta w/Broccoli & Cherry Tomatoes

Peas & Corn

Roasted Loin of Pork w/Gravy

Steamed Red 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.