



# Daily Lunch Specials Menu

for Thursday, December 7, 2017

---

## SOUPS

*Classic Lentil w/Ham* \$ 3.75 Pint

*Garden Vegetables* \$ 3.75 Pint

*ORGANIC Pumpkin & Butternut Squash - Vegan* \$ 4.75 Pint

---

## HOT BAR

Any Regular Item Combination ONLY \$ 7.99 Lb.

*Brussels Sprouts w/Onion*

*Cheese Tortellini*

*Loin of Pork w/Mustard Crust*

*Organic Roasted Chicken Thighs*

*Rice & Beans*

*Steamed Sweet Potatoes*

---

## SANDWICHES/WRAPS

**1. Salmon Sandwich** \$ 12.95 Each

*Wild Smoked Salmon, Capers, Tomato, Cucumber, Arugula, Red Onion, Lemon and Herb Mayo on Organic 7-Grain Hero*

**2. Ham & Swiss Sandwich** \$ 9.50 Each

*All Natural Honey Maple Ham, Swiss Cheese, Tomato, Organic Mesclun Salad and Deli Mustard on Sliced Rye Bread*

**3. Roasted Veggies & Goat Cheese Sandwich** \$ 8.50 Each

*Goat Cheese, Zucchini, Squash, Eggplant, Roasted Pepper, Mushrooms, Sprouts and Sun-Dried Tomato Dressing on Organic 7-*

**4. Organic Pepper Jack Sandwich** \$ 8.50 Each

*Organic Pepper Jack, Avocado, Tomato, Cucumber, Carrot, Cabbage, Sprouts, Lettuce and Herb Mayo on Organic Ciabatta*

**5. Marinated Tofu Sandwich** \$ 8.50 Each

*Tofu Lin, Avocado, Cucumber, Tomato, Shredded Carrots, Spinach, Sprouts 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.