



Daily Lunch Specials Menu

for Friday, January 12, 2018

SOUPS

- Lentil Chili - Vegan* \$ 3.75 Pint
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- New England Clam Chowder* \$ 3.75 Pint
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- ORGANIC Chickpeas w/Sweet Potatoes & Kale - Vegan* \$ 4.75 Pint
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HOT BAR

Any Regular Item Combination ONLY \$ 7.99 Lb.

- Antibiotic Free Chicken Burger w/Gravy*
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- Brown Rice w/Veggies*
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- Holland Sole Fillet w/Spinach, Tomato and Cheese*
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- Pasta*
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- Roasted Yellow Yukon Potatoes*
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- Steamed Cauliflower*
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- Steamed Pierogi w/Potato & Cheese*
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SANDWICHES/WRAPS

- 1. Salami & Provolone Sandwich** \$ 9.50 Each
All Natural Genoa Salami, Provolone Cheese, Roasted Red Peppers, Lettuce and Deli Mustard on Italian Baguette
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- 2. Tuna Salad Sandwich** \$ 7.95 Each
Tuna Salad, Tomato, Cucumber, Arugula and Onion on Pumpernickel Bread
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- 3. Gouda Cheese Wrap** \$ 9.00 Each
Raw Cow's Milk Aged Gouda, Avocado, Cucumber, Tomato, Sprouts, Carrots, Arugula and Herb Mayo on WW Wrap
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- 4. Vegan Ground "Beef" Sandwich** \$ 9.50 Each
*Vegan Ground Beef Style, Pickled Jalapeno Peppers, Onion, Roasted Peppers, Tomato, Spinach and Vegan Mayo on Organic 7-
Grain Hero*
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- 5. Vegan Chicken Wrap** \$ 8.95 Each
Vegan Tofurky Chicken, Onion, Roasted Peppers, Fresh Tomato, Avocado, Spinach, Vegan Mayo on WW Wrap
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FEATURED SPECIALS

- SALAD of the DAY- Caesar Salad** \$ 5.99 Lb.
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