



Daily Lunch Specials Menu

for Tuesday, February 13, 2018

SOUPS

<i>Potato Leek w/Ham</i>	\$ 3.75 Pint
<i>Tortilla - Vegan</i>	\$ 3.75 Pint
<i>ORGANIC Yellow Pea - Vegan</i>	\$ 4.75 Pint

HOT BAR

Any Regular Item Combination ONLY \$ 7.99 Lb.

Antibiotic Free Grilled Chicken Tender w/Sweet & Chili Sauce

Antibiotic Free Roasted Turkey Breast

Brown Rice

Corn w/Cilantro

Pasta w/Broccoli & Cherry Tomatoes

Steamed Red Potatoes

SANDWICHES/WRAPS

1. Roast Beef Sandwich <i>Homemade Roast Beef, Horseradish Cheddar Cheese, Tomato, Arugula and Horseradish Sauce on Rye Bread</i>	\$ 9.50 Each
2. Chicken Breast Wrap <i>Free Range Chicken Breast, Avocado, Roasted Red Peppers, Lettuce and Russian Dressing on Whole Wheat Wrap</i>	\$ 9.50 Each
3. Blue Cheese Wrap <i>Cambozola Blue Cheese, Avocado, Cucumber, Tomato, Red Cabbage, Shredded Carrots, Sprouts, Lettuce and Herb Mayo</i>	\$ 9.00 Each
4. Feta & Veggie Sandwich <i>Feta Cheese, Avocado, Tomato, Cucumber, Carrot, Cabbage, Sprouts, Lettuce and Basil Pesto on Organic 7-Grain Hero</i>	\$ 8.50 Each
5. Vegan Burger <i>Vegan Burger, Avocado, Arugula, Tomato, Onion, Lettuce, Pickle and Hummus on Organic 7-Grain Hero</i>	\$ 8.50 Each

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.
