

LUNCH

salads

mixed baby greens....\$9

cucumbers, tomatoes, peppers

cobb salad....\$10

tomato, hard boiled egg, blue cheese
crumbles, ham, avocado, bacon

crunchy slaw....\$12

soba noodles, cabbage,
grilled chicken, poppy seed dressing

soups \$4

**creamy tomato
soup of the day**

BREAKFAST

fresh fruit to go....\$1

muffins....\$2.5

yogurt, granola, or

fruit cup....\$3

hard boiled eggs....\$1.5

breakfast bar....\$2

sandwiches

turkey club....\$10

organic turkey, maple bacon, baby spinach
swiss cheese, and sriracha sauce

thrive bSt....\$9

sliced tomato, baby spinach, maple bacon
on multigrain

chicken salad....\$10

celery and dill on marble rye

veggie wrap....\$10

lettuce, tomatoes, cucumbers, quinoa,
sliced almonds and tzatziki sauce

triple grilled cheese....\$8

cheddar, swiss & monterey jack,
sliced tomato on sour dough

this & that

soup & small salad....\$10

choose your favorite soup & half salad

soup & 1/2 sandwich....\$10

choose your favorite soup & half sandwich

dressing choices:

poppy seed dressing, raspberry vinaigrette,
blue cheese, light italian

bread selections:

multigrain, marble rye, wheat wrap
sour dough

add me....\$4

add grilled chicken to any salad

* all sandwiches served with chips

*gluten free options available every week

weekly panini special \$10

grab & go snacks \$4

flatbread pizza \$3/slice

(pizza 3-5pm daily)

to go orders

all selections available for pre-order
and pick up! **781.545.1184**

