



LUNCH MENU

Bagel & Lox ~ bagel with cream cheese, fresh lox and a side of cappers.

To Go Sandwiches

Turkey ~ turkey, havarti cheese, tomato, cucumber, mixed greens and cranberry chutney.

Ham ~ Rosemary ham, havarti cheese, tomato, cucumber, organic mixed greens and grainy Dijon mustard.

Tuna ~ tuna, mayonnaise, pickles, celery, lettuce.

Egg Salad ~ eggs, mayonnaise, rosemary, mustard, lettuce.

BLT Croissant ~ Bacon, tomato, organic mixed greens, basil aioli on a toasted croissant.

Spicy Free Range Chicken Club ~ Spicy Free-range chicken, havarti cheese, tomato, cucumber, organic mixed greens, maple & Dijon smoked bacon, sundried tomatoes, relish & chipotle aioli.

Turkey Melt ~ Smoked turkey, havarti cheese, tomato, cucumber, Caesar & served with a side of salad

Grilled Ham & Cheese ~ Cheddar cheese, rosemary ham, tomato, organic mixed greens, banana peppers, greens and basil aioli.

Veggie Wrap ~ Organic mixed greens, tomato, cucumber, shoestring carrots, shoestring beets, Caesar & sprouts.

Panini ~ see chalkboard for today's feature.

Salads

Mixed Green ~ organic mixed greens, tomato, cucumber, sunflower seeds, shoestring carrots, shoestring beets & sprouts, balsamic dressing.

West Coast ~ smoked salmon, avocado, green onions, sundried tomato & balsamic dressing.

Maple Leaf ~ organic mixed greens, grapes, feta cheese, dropped walnuts & maple balsamic dressing.

Caesar ~ chopped romaine hearts, asiago, croutons & Caesar salad dressing.