

# **VEGETARIAN SANDWICHES**

ROASTED VEGGIES & GOAT CHEESE | Zucchini, eggplant, romesco, pesto & goat cheese on ciabatta 11.95

GREEN LAB | Black bean mash, avocado, tomato, pickled onion & carrot, radish queso & sriracha mayo 5 grain bread 11.25

THE GARDEN | Hummus, avocado, radish sprout, tomato, cucumber & carrot on 5 grain bread 10.25

THE CAPRESE | Nut free pesto, tomato, mozzarella & Greek olive oil on ciabatta 10.95

#### **GOURMET SANDWICHES**

We recommend to add one of our delicious side salds to any sandwiches 3.50 only / or a cup of homemade soup 4.75

THE TUNA SALAD | Green apple, olive tapenade on wheat bread 10.75

THE TUNA MELT  $\mid$  Tuna/mayo salad w/ sharp cheddar melted on wheat bread 10.50

THE FAMOUS WIENERSCHNITZEL | Breaded and pan fried cutlet of chicken w/ lingonberry chutney & aioli on ciabatta 11.25

THE CURRIED CHICKEN | Spicy curried chicken, lingonberry chutney on wheat bread 10.25

THE CHICKEN SALAD | Apple, grape & arugula on wheat bread 10.50

THE CHICKEN AVOCADO | Avocado cream, queso fresco on ciabatta 11.95

THE CHICKEN BLT  $\,$  | Bacon, tomato, arugula & aioli on ciabatta 11.95

THE CHICKEN SMOKED GOUDA | Arugula, romesco sauce on ciabatta 11.5

THE FRIED BUTTERMILK BUFFALO CHICKEN | Iceberg lettuce, buffalo aioli on ciabatta 11.15

THE TURKEY BRIE | Turkey breast, brie, pear, honey & fig compote on wheat bread 11.50

THE TURKEY LAB | Tomato, avocado, sprouts, pickled onion, black bean mash on ciabatta 11.95

THE CUBAN | Pork loin, gruyere, ham, pickles & mustard on ciabatta 11.25

THE AUSTRIAN MEATLOAF | Grass fed beef, secret sauce, onion & Dijon mustard on ciabatta 11.15

### **ORGANIC SALADS**

Although we pair our dressings, you may choose your own vinaigrette: House (H), Lemon (L), Caesar or Olive oil & Balsamic. Extra dressing 0.50

THE VEGAN (H) | Artichoke, tomato, edamame, carrot, radish, beans, cucumber & corn 10.75

SALAD TRIO (3 SIDE SALADS) | A selection of our daily side salads (proteins not included) 14

NICOISE (L) | Tuna/ mayo salad, green beans, tomato, egg, potato, black olive with mixed greens 12.95

CHICKEN ARUGULA SALAD (H) | Edamame, cranberry, candied walnut, Asian marinade 12.95

KALE CEASAR | Grilled chicken, organic kale, homemade croutons, & parmesan, caesar dressing 13.50

CHICKEN COBB (L) | Grilled chicken, bacon, avocado, egg, gorgonzola, tomato on spring mix 14.25

TURKEY COBB (L) | Turkey breast, bacon, avocado, egg, gorgonzola, tomato on arugula 14.25

PULLED CHICKEN SALAD (H) | Served with arugula, apple, grape, mandarin, candied walnuts 12.95

CURRY SALAD (L) | Curried chicken, lingonberry, carrot, apple & cucumber on arugula 13.50

FAMOUS SCHNITZEL SALAD (L) | Famous chicken Schnitzel on greens w/ potato, cucumber salad, lemon 13.50

THREE CHEESE SALAD (H) | Brie, gruyere, gorgonzola, dried apricot, candied walnut, cranberry, sunflower seed, nut free pesto on spring mix 14.25

## SIDES & MORE

MINI VEGAN (H) | Artichoke, tomato, edamame, greens beans, cucumber & corn 6.95

SIDE OF TUNA SALAD, CHICKEN CURRY OR CHICKEN SALAD | 5.95 FOR 80z / 10.95 FOR 160z

HOMEMADE SOUP OF THE DAY | 4.75 FOR CUP / 6.5 FOR BOWL

CHEESE PLATTER | Brie, Gruyere & Gorgonzola with dried fruits, nuts & bread basket 16

CHARCUTERIE PLATTER | Hard salami, speck & parisian ham w/ olives & bread basket 16

CHIPS - Kettle / Dirty 3.5

SIDE GRILLED CHICKEN BREAST 5.5 / AVOCADO 3.5

ADD CHEESE - GORGONZOLA / BRIE / SMOKED GOUDA / SHARP CHEDDAR / GRUYERE 3.25

## **DESSERTS**

APPLE TARTLETTE 7.5 | PEAR TARTLETTE 7.95

CHOCOLATE CARAMEL CRUNCH 7.5 | WILD BERRY CRUMBLE 5.95

COOKIE BY DELUSCIOUS 3.95 | GLUTEN FREE GERMAN CHOCOLATE COOKIE 4.5

We source fresh, local, organic food and products whenever possible



Monday through Saturday, 7am-6pm // Sunday 8am-6pm