

LUNCH MENU

SALADS

Sweet Corn ... 9

Chopped Lettuce, Black Beans, Tomato, Seared Corn, Onion, Avocado & Cheddar Cheese

Strawberry & Spinach ... 8

Baby Spinach, Sliced Strawberry, Shaved Almonds & Goat Cheese

Mediterranean ... 9

Mashed Avocado, Olive Oil, Sun Dried Tomato, Red Bell Pepper, Eggplant, Potatoes & Feta Cheese

Apple & Bacon ... 8

Romaine, Diced Apple, Bacon, Canned Walnut, Avocado & Bleu Cheese

Asian Pear ... 8

Romaine, Cucumber, Tomato, Onion & Parmesan Cheese

House Salad ... 5

Mixed Greens, Cucumber, Tomato, Onion & Parmesan Cheese

PICK TWO ... 9

Half Sandwich, Cup of Soup, Half Salad

SOUP

Cup ... 3

Bowl ... 6

SANDWICHES

Jalapeno Turkey ... 8

Panini Pressed Jalapeno Cornbread, Turkey, Bacon, Avocado Spread, Romaine, Carmelized Onion & Pepperjack Cheese

Cheese Royal ... 6

Panini Pressed Whole Wheat, Pepperjack, Provolone & Cheddar Cheese

Chicken Ciabatta ... 8

Panini Pressed Ciabatta, Grilled Chicken, Sun Dried Tomato Pesto, Pepperoni, Lettuce & Mozzarella Cheese

Cubano ... 8

Panini Pressed Ciabatta, Pulled Pork, Ham, Salami, Provolone & Spicy Pickle Relish

Smoked Salmon ... 10

Herb Flat Bread, Cream Cheese, Spinach, Tomato & Balsamic Vinaigrette

Barbeque Pork ... 7

Panini Pressed Ciabatta, Pulled Pork, Carmelized Onions, Ranchio & Pepperjack Cheese

Steak Sandwich ... 9

Chipolte Flat Bread with Roast Beef, Red Beans, Onions & Pepperjack Cheese

Pepperoni E Plant ... 7

Panini Pressed Whole Wheat, Pepperoni, E Plant, Roasted Red Beans, Sun Dried Tomato Oil & Feta Cheese

SANDWICHES

Peanut Butter & Bananas ... 6

Panini Pressed Whole Wheat, Peanut Butter, Banana Slice & Chocolate Sauce

Ham & Cheese ... 8

Panini Pressed Jalapeno Cornbread, Onion, Tomato, Lettuce, Ham, Swiss Cheese & Jalapeno Mustard

Caprese ... 8

Ruic Baguette, Pesto Aoli, Mozzarella, Tomato, Spinach & Basil

Chicken Salad Wrap ... 8

Grilled Chicken, Cranberry, Celery, Green Onions & Almonds, Mixed Wild Roasted Lemon Vinaigrette

French Dip ... 9

Turkey or Roast Beef, Red Beans, Onions, Melted Provolone on Sourdough Hoagie, Served with Au Jus

BLTA ... 7

Bacon, Citrus Greens, Tomato & Avocado on Ruic Baguette