

SANDWICHES

CLUB \$14

TOASTED GF BREAD, NITRATE FREE TURKEY & HAM, LETTUCE, TOMATO,
*HOUSE MADE MAYO

BLT \$14

TOASTED GF BREAD, NITRATE FREE BACON, LETTUCE, TOMATO
*HOUSE MADE MAYO

PESTO TURKEY \$15

GF CIABATTA, PESTO GOAT CHEESE, NITRATE FREE TURKEY, ARUGULA, TOMATO

CHICKEN SALAD \$14.50

GF MULTIGRAIN BREAD, CRANBERRY PECAN CHICKEN SALAD, LETTUCE
*HOUSE MADE MAYO

ADD AVOCADO \$2 ADD BACON \$2

SUB PALEO OR KETO BREAD \$2

COMES WITH CHOICE OF SIDE
POTATO SALAD CHIPS CUCUMBER SALAD

GRAB & GO SALADS

FORAGER \$14.50

MIXED GREENS, BERRIES, APPLES, ROASTED PECANS, CHICKEN SALAD
GREEK \$14

ROMAINE, QUINOA, KALAMATAS, RED ONION, TOMATO, CUCUMBER, FETA
CLUB 14.50

MIXED GREENS, NITRATE FREE TURKEY & HAM, PECORINO, TOMATO,
CUCUMBER, BOILED EGG

SIMPLE SALAD \$9

ROMAINE, TOMATO, CUCUMBER, SHREDDED CARROT

HOUSE MADE DRESSING CHOICES
*ZESTY RANCH RED WINE VINAIGRETTE

BOXES

CHICKEN SALAD SNACK BOX \$14

CRANBERRY PECAN CHICKEN SALAD, GF CRACKERS, CELERY STICKS
PROTEIN SNACK BOX \$11

BOILED EGG, HOUSE MADE HUMMUS, GF CRACKERS, CARROTS, CUCUMBERS
GROWN UP SNACK BOX \$13

SALAMI, HONEY GOAT CHEESE, GF CRACKERS, BERRIES

KIDS BITES

PB&J \$9

GF BREAD, ORGANIC PEANUT BUTTER, ORGANIC STRAWBERRY JAM
CHOICE OF APPLES OR CHIPS

SUB ALMOND BUTTER \$1.50

GRILLED CHEESE \$9

GF BREAD & ORGANIC AMERICAN CHEESE CHOICE OF APPLES OR CHIPS
SUB VEGAN CHEESE \$2

LITTLE SNACKABLE \$9

TURKEY, HOUSE MADE HUMMUS, CRACKERS, FRUIT

ALLERGY WARNING: WE USE TREE NUTS, EGGS AND SOME DAIRY IN OUR KITCHEN.
IF YOU HAVE QUESTIONS ABOUT INGREDIENTS PLEASE ASK

*CONSUMING RAW OR UNDERCOOKED EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.