



SAMPLE MENU

BREAKFAST

House made scones
\$2.95

Sweet and savory pastries
\$3.45

Bagels
Cream cheese or peanut butter
\$2.95

Great Start Granola
Fresh fruits, house-made granola & honey-swirled yogurt (gluten free)
\$5.95

Breakfast Sandwich
Toasty English muffin packed with a fried egg, cheddar, and turkey bacon
\$5.50

Breakfast Burrito
Turkey bacon, hash browns, onion, jalapeño and cheddar
\$6.50

Avocado Toast
\$6.95
(Add sliced egg \$1.00)



LUNCH

Grab and Go

Pre-made salads, sandwiches and snacks

Chicken Caesar

Hearts of romaine, anchovy-free dressing, focaccia croutons and asiago
\$9.25

Garden Salad

Mixed greens, cherry tomatoes, cucumber, red onion
Shredded carrot and balsamic-orange vinaigrette
\$8.75

Spring Balance Bowl

Arugula, mint, asparagus, peas, chickpeas, watermelon radish, feta, chives
and lemon-basil vinaigrette
\$9.50

Turkey and Cheddar Sandwich

\$9.25

Marinated veggie and hummus wrap

\$8.25

Lemon-Garlic Hummus

With fresh cut veggies and pita chips
\$7.25

Protein Snack Box

String cheese, hard-boiled egg, beef stick & almonds
\$7.45

Additionally, we will package several hot items for fast grab and go



Weekly Specials

Soup of the Week
Cup/bowl: \$4.75/\$7.50

Weekly Lunch Plate
Sample Menus

Vegetable Thai Green Curry Plate
With Steamed Rice & Quinoa
\$11.45

Chicken Party Bowl
Slow-braised chicken over rice pilaf
With Asian-inspired BBQ sauce and house-made fruit pico de gallo
\$10.45

Black Bean Wrap
With Gilroy Garlic Fries
\$10.95

Salad Niçoise
Tuna salad, green beans, olives, hard-boiled egg, and sliced potatoes
Over mixed greens with white wine vinaigrette
\$11.95



Made to Order

Spicy Turkey Melt

Hickory turkey, provolone, sliced cherry peppers
Sriracha herb spread on a wheat deli roll

\$9.50

Caprese Panini

Fresh mozzarella, basil pesto & sliced tomato on a soft deli roll

\$8.50

Thai Panini

Hoisin-marinated chicken OR tofu with Asian-inspired BBQ
sauce and house-pickled crunchy vegetables

\$9.95/\$8.95

Tuna-Cheddar Melt

On a crisped wheat deli roll

\$9.25

Grilled Cheese

On country white bread

\$7.95

Hot Dog Combo

Classic kosher hot dog with a side of French fries

\$9.50



FLATBREAD PIZZAS

BBQ Chicken, \$10.95

Shredded chicken, house BBQ sauce, mozzarella
And thinly sliced red onion

Caprese, \$9.95

Pesto sauce, mozzarella, cherry tomatoes and fresh basil

Kids' Classic Cheese, \$8.95

SIDES / SNACKS

French Fries, \$2.95 / \$4.95

Bagged Chips, \$2.00

House-Baked Cookies, \$2.50

For later consideration

Famous Cheeseburger

1/3-pound beef chuck, ground turkey OR house-made spiced
black bean patty (vegetarian)

With cheddar, lettuce and tomato and a side of French fries
\$13.95

* Substitute gluten-free bun (add \$1.00)