



FALL SPECIALS

You asked & we listened!
By request we're offering our October
Specials all through Fall.

If you didn't get a chance to try them in
October now's your opportunity!

MEDITERRANEAN CHICKEN SANDWICH

seasoned & roasted hormone and antibiotic free, cage free
chicken breast with roasted red onion & peppers, sun-
dried tomato aioli & arugula on a whole wheat bun

\$11.50 a la carte

\$15.50 boxed lunch

POWER GREEN SALAD

spinach, tatsoi, mizuna, red mustard and pak choy
with roasted butternut squash, toasted walnuts, dried
cranberries and cider vinaigrette

\$14.00 entree

\$5.50 side

RAINBOW SALAD

colorful julienned vegetables & cabbage tossed with whole
wheat spaghetti and tofu in a light but spicy ginger &
peanut dressing

\$14.00 entree

\$5.50 side

MEDITERRANEAN LENTIL SALAD

de puy lentils, roasted red peppers & herbs with baby
spinach tossed with a lemon vinaigrette

\$14.00 entree

\$5.50 side

SANDWICH - 5 EACH MINIMUM ORDER

ENTREE SALAD - 6 EACH MINIMUM ORDER

SIDE SALAD - 12 SERVINGS MINIMUM ORDER

And be sure to ask about our Pumpkin Breakfast Bread,
Pumpkin Cobbler Bars, Rock Slide Brownies
& Cranberry Coconut Bars!