### Sandwiches
- **Roasted Garlic Chicken Spinach Wrap**
  Roasted Garlic Pulled Chicken, Spinach Wrap, Organic Spring Mix, Smoked Gouda Cheese $6.49
- **Buffalo Cauliflower Lentil Sloppy Joe**
  House Cauliflower Lentil Sloppy Joe, Thick Sliced Tomato, Brioche Bun $6.49
- **BBQ Pulled Pork/ Mushroom Hoagie**
  Pulled Pork or Pulled Mushrooms, Sweet Corn Hoagie, Hickory BBQ Sauce $6.49
- **Chickpea Salad on Tomato Basil Wrap**
  Smashed Chickpea Salad, Organic Harvest Greens, Tomato Basil Wrap $5.79
- **Bloch Classic Chicken Salad**
  Organic Shredded Local Chicken, Grapes, Apples, Almonds, Multigrain Organic Bread $5.79

### Grab ‘n’ Go
- **Fresh Fruit Cup**
  Fresh Seasonal Fruit Salad $3.29
- **Vanilla Greek Yogurt Parfait**
  Vanilla Greek Yogurt, Fresh Fruit, Organic Granola $2.79
- **Protein Box**
  Trail mix, Hummus, Veggies, Hard Boiled Egg $5.79
- **Hummus Grain Salad Box**
  House Made Hummus and Grain Salad, Fresh Veggies $5.79
- **Charcuterie Plate**
  Chef’s Choice, Two Meats, Two Cheese Options, Grapes, and Crackers $5.79

### Salads
- **Barbeque Salmon Salad**
  Spinach and Roasted Brussels Sprouts, BBQ Salmon Salad, Tomato, Red Onion, Garlic Vinaigrette $9.98
- **Harvest Pumpkin Seed Hummus Salad**
  Organic Harvest Greens, Pumpkin Seed Hummus, Roasted Squash, Maple Vinaigrette, Salted Oat Topping $6.49
- **Kale Caesar Salad**
  Shredded Kale, Parmesan Cheese, House Caesar Dressing (Egg Free) $6.49

### Soups
- **Pumpkin Chili**
  Vegetarian Chili, Pumpkin, Seasonal Spices $3.89
- **Baked Potato Soup**
  Garnished with Bacon and Cheddar Cheese (Optional) $3.89
- **Multigrain Baguette**
  Side of Multigrain Baguette for Dipping $0.99

### Entrees
- **Mushroom Stroganoff**
  Egg Noodles in Creamy Mushroom Sauce $8.29
- **Herb Chicken Thigh**
  Herb Chicken, Sriracha Maple Squash, Roasted Brussels $10.29
- **Butternut Squash Ravioli**
  Roasted Squash Ravioli, Seasonal Greens, Parmesan $8.29

### Flatbreads
- **Chicken & Gorgonzola Flatbread**
  Chicken, Gorgonzola, Apple, Balsamic Glaze $6.29
- **Harvest Flatbread**
  Zucchini, Squash, Eggplant, Marinara and Mozzarella, Shaved Parmesan, Fresh Herbs $6.29

### Cook to Order Pancakes
- **Multigrain Pancakes**
  Served with Butter and Maple Syrup $1.89
  - Chocolate Chips $0.69
  - Blueberries $0.99
  - Raspberries $0.99
  - Premium Syrup $1.29