Breakfast served 7:00 A.M. - 10:00 A.M.
Lunch/Dinner served 11:00 A.M. - 3:00 P.M.

**Sandwiches**

- **Shrimp Bahn mi (Limited quantity)** 8.99
  Marinated Wild Caught Red Shrimp, Ponzu Mayo, Pickled Daikon and Carrots, Jalapeno Rings topped with Micro Cilantro
  *NOT INCLUDED IN THE COMBO*

- **Chicken Parmesan** 6.49
  Baked Breaded Chicken breast, Mozzarella cheese blend, Tomato sauce on toasted bread

- **Country Grilled Cheese** 6.49
  Brioche bread with NY Sharp Cheddar cheese
  Add sliced Tomato 1.00
  Add Bacon 1.50

- **Curried Chickpea Salad Wrap** 5.79
  Curried Chickpea Salad, Shredded Veggie Medley, Golden Raisins, Seasonal Green

- **Grab 'n' Go** 3.49
  Roasted Golden Beets tossed with Olive Oil, Candied Ginger, Pickled Red Onion topped with Goat Cheese and Micro Greens

- **Vanilla Greek Yogurt Parfait** 3.49
  Vanilla Greek Yogurt, Fresh Fruit, Organic Granola

- **Fresh Seasonal Fruit Salad** 3.49
  5.79
  Classic Chicken Salad Sandwich
  Organic Shredded Local Chicken, Grapes, Apples, Almonds, Multigrain Organic Bread

**Salads**

- **Kale Power Salad** 6.49
  Kale, Broccoli, Cabbage, Apples, Cranberries, Sunflower seeds and a Honey Citrus Vinaigrette

- **Captain J’s Buttermilk Wedge Salad** 6.49
  Iceberg wedge, Pickled Red Onion, Gorgonzola, Bacon. Candied Pecans, Creamy Buttermilk Dressing

- **Add a Chicken Breast to any salad** 3.49

- **Pretzel Bread**

**Soups**

- **Roasted Butternut Squash** 3.99

- **Corn Chowder** 3.99
  Sweet Corn with Potatoes, Bell Peppers and Bacon topped with Parmesan Cheese
  *Contains Pork

**Entrees**

- **Wild Mushroom Ravioli** 12.29
  Wild Mushroom Ravioli tossed with Sauce Marsala garnished with Parmesan Cheese and Micro Fennel

**Flatbreads**

- **Sausage and Pepper** 6.29
  Tomato sauce, Pork Sausage, and Spicy Goat horn peppers and Mozzarella topped with Micro Fennel

- **Margherita** 6.29
  Garlic and oil base, Sliced Tomatoes, Mozzarella Cheese, Arugula, Balsamic Glaze

- **Kale Power Salad**

**Cook to Order Pancakes**

- **Wholegrain Pancake** 2.99
  Add Chocolate Chips 0.69
  Add Blueberries 0.99

**Combos**

- **Combine Soup, Half Salad, or Half Sandwich** 6.99

*NOTICE: Consuming raw or Undercooked meats, poultry, Seafood, shellfish, or eggs may increase your risk of foodborne illness.*