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

Fresh Seasonal Fruit Salad 3.49

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

Classic Chicken Salad Sandwich 5.79
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 .99

Pretzel Bread 3.49

Soups

Roasted Butternut Squash 3.99

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

Combine Soup, Half Salad, or Half Sandwich 6.99

Entree

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

Flatbreads

Margherita 6.29
Garlic and oil base, Sliced Tomatoes, Mozzarella Cheese, Arugula, Balsamic Glaze
Add a Chicken Breast 3.49

Cook to Order Pancake 2.99
Multigrain Pancake served with butter and pancake syrup

Add Chocolate Chips 0.69
Add Blueberries 0.99

*NOTICE: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.