**Breakfast** Served 7:00 A.M.-10:00 A.M.
**Lunch/Dinner** Served 11:00 A.M.-7:00 P.M.

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**Sandwiches**

- **Chicken Parmesan**
  Baked Breaded Chicken breast, Mozzarella cheese blend, Tomato sauce on toasted bread  
  6.49
- **Country Grilled Cheese**
  Brioche bread with NY Sharp Cheddar cheese  
  Add sliced Tomato 1.00  
  Add Bacon 1.50  
  6.49
- **Curried Chickpea Salad Wrap**
  Curried Chickpea Salad, Shredded Veggie Medley, Golden Raisins, Seasonal Green  
  5.79

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**Grab ‘n’ Go**

- **Marinated Heirloom Cherry Tomatoes**
  Balsamic Marinated Cherry Tomatoes with Ricotta Salata and Micro Thai Basil  
  3.49
- **Fresh Seasonal Fruit Salad**
  Vanilla Greek Yogurt Parfait  
  3.49
- **Classic Chicken Salad Sandwich**
  Organic Shredded Local Chicken, Grapes, Apples, Almonds, Multigrain Organic Bread  
  5.79

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**Salads**

- **Mixed Greens w/Mango Jalapeño Dressing**
  Spinach, Arugula mix tossed with a Mango Jalapeño Dressing topped with Cranberries, Sunflower seeds, Red Onion, Carrots and Mashed Avocado  
  6.49
- **Captain J’s Buttermilk Wedge Salad**
  Iceberg wedge, Pickled Red Onion, Gorgonzola, Bacon. Candied Pecans, Creamy Buttermilk Dressing  
  Add a Chicken Breast to any salad  
  3.49

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**Soups**

- **Chilled Heirloom Tomato**
  Chilled tomato soup blended with Garlic, Cucumber, Onions, Bell Pepper topped with Marinated Tomatoes and Micro Thai Basil  
  3.99
- **Carrot Ginger Bisque**
  3.99
- **Ribollita**
  Italian bean and vegetable soup served with croutons and parmesan cheese *Contains Pork  
  3.99

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**Combines Soup, Half Salad, or Half Sandwich**  
*6.99*

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**Flatbreads**

- **Grilled Vegetable**
  Mixed Grilled Vegetables, Pine nut Pesto, Ricotta Salata topped with Fresh Basil  
  Add a Chicken Breast  
  6.29
- **Margherita**
  Garlic and oil base, Sliced Tomatoes, Mozzarella Cheese, Arugula, Balsamic Glaze  
  Add a Chicken Breast  
  3.49

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**Cook to Order Pancake**

- Served with butter and pancake syrup  
  2.99
- Add Chocolate Chips 0.69  
  Add Blueberries 0.99

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