Monday June 18

soup: Garden Black Bean Soup 12oz $3.89

salad: Orzo with Heirloom Tomato Summer Salad over Organic Lemony Rocket Greens $6.49 (full) $4.29 (half)

sandwich: Chickpea Salad Sandwich with Sprouts and Dill Pickles on Multigrain Bread $6.49 (full) $4.29 (half)

entree: Mediterranean Stuffed Portabellas over a Cold Spinach Tortellini Salad $8.29

Tuesday June 19

Soup: Manhattan Clam Chowder 12oz $3.89

salad: Strawberries, Toasted Almonds, Goat Cheese, Mixed Greens, Lemon Poppy seed Dressing With Chicken $6.49 (full) $4.29 (half)

sandwich: Smoked Trout, Avocado Mash, on Everything Toast with Red Onions, Roasted Golden Beets and Boursin Cheese $6.49 (full) $4.29 (half)

entree: Cajun Chicken with Fingerling Sweet Potatoes and Roasted Brussel Sprout Petals $10.29

Wednesday June 20

soup: Vegetable Tortilla Soup 12oz $3.89

salad: Wedge Salad with Tomatoes, Blue Cheese Dressing, Bacon Crumbles and Rye Croutons $6.49 (full) $4.29 (half)

sandwich: Shrimp Rolls on a Toasted Brioche Bun with Zesty Microgreens $6.49 (full) $4.29 (half)

entree: Sundried Tomato Turkey Burger with Olive Tapenade and Sautéed Broccolini $10.29  
Combo $6.99: Choose Two  
½ salad (without meat) , ½ sandwich, soup

Thursday June 21

soup: Sweet and Sour Egg Drop Soup 12oz $3.89

salad: Spinach, Dried Cherries with Quinoa, Peanuts and Lime Vinaigrette $6.49 (full) $4.29 (half)

sandwich: Chicken, Grilled Onions, Peppers, Pesto, Parmesan, Arugula on Marble Rye $6.49 (full) $4.29 (half)

entree: Linguine with a Creamy Cauliflower Sauce, Spinach, Parmesan and Grilled Seasonal Fish $12.29

Friday June 22

soup: Kale White Bean Kielbasa Soup 12oz $3.89

salad: Arugula, Pear, Parmesan, Sunflower Seed with a Champagne Vinaigrette $6.49 (full) $4.29 (half)

sandwich: Chicken, Mango Jalapeno spread, white cheddar and Spinach on Ciabatta $6.49 (full) $4.29 (half)

entree: BBQ Glazed Salmon, Mashed Sweet Potatoes, & Grilled Asparagus $10.29

Grab and go selections for the week
Monday: Black and Blue Wrap; Tuesday: Chicken Cordon Blue Wrap; Wednesday: Buffalo Chicken Wrap; Thursday: Roast Beef Wrap; Friday: Greek Chicken Wrap;

Grain Salad: Harvest Quinoa; Fruit Quinoa Salad; Asian Couscous;

Fruit Cup: Kiwi Mixed Berry
Everyday Options: Grape & Almond Chicken Salad Sandwich; Hummus Plate; Seasonal Tossed Salad; Fruit and Yogurt Parfait

Add To Salad: Grilled Chicken $2.99, Tofu $0.99, Daily Protein $3.29

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Breakfast Available 7:00am-10:00am
Multigrain Pancakes, and Gluten Free Pancakes available all day