

LUNCH

SANDWICHES

served on fresh baked bread with potato chips OR greens

GREEK LAMB BURGER

packed with fresh herbs, served on a warmed bun with tomato, grilled eggplant and our tzatziki sauce 15.5

MUFFULETTA PRESSED SANDWICH

mortadella, peppered salami, olive tapenade, goat cheese and arugula on pain levain 13

VEGETARIAN PRESSED SANDWICH

grilled vegetables, pesto, fresh mozzarella, olive spread and mixed greens on ciabatta 13

PEPPER JACK GRILLED CHEESE

tangy red cabbage slaw on multi-grain bread 11.5
add oven roasted turkey 14.5

ITALIAN CHICKEN SAUSAGE SANDWICH

with sauteed broccoli rabe, sharp provolone and mayo on a petite baguette 14.5

ROASTED TURKEY SANDWICH

cabot cheddar, cranberry relish, pickled red onion, arugula and mayo on a multigrain ciabatta roll 13

CURRIED MANGO CHICKEN SANDWICH

chicken breast, red grapes, pecans, apples served open faced on a warm pita 14

HUMMUS AND MARINATED VEGGIES

beets and carrots in harissa and citrus dressing, arugula, and pickled red onion on a warm pita 13

NON-PRESSED SANDWICHES CAN BE PREPARED ON A GLUTEN FREE BREAD...ADD \$2

SPECIALTIES

can also be served on mixed greens instead of pita or tortilla

CRISPY FISH TACOS

fried cod in corn tortillas with salsa fresca, avocado, shaved green cabbage and lime, topped with a piquant white sauce 15
make the fish pan seared **CF** 17

CHICKEN SHAWARMA

marinated rotisserie chicken breast smothered with aioli and chopped cucumber tomato salad wrapped in a warm pita OR on mixed greens 13

CLASSIC FALAFEL SANDWICH

vegetarian chick pea & fava bean fritters w/ chopped salad and lemon aioli in a grilled pita 11.5

SALADS

CF =gluten free

CURRIED MANGO CHICKEN SALAD

red grapes, pecans on mixed greens and grilled pita triangles 13.5
substitute gluten free toast points **CF** 14.5

FRENCH LENTIL SALAD

green lentils, raisins, red bell pepper and carrots in maple balsamic vinaigrette served on greens with walnuts and sheep's milk feta cheese crostini 13
substitute gluten free toast points **CF** 14

COMBO SALAD

mango chicken and French lentil salad on greens with feta cheese crostini 14
substitute gluten free toast points **CF** 15

NICOISE SALAD

premium oil-packed-yellowfin tuna, baby potatoes, haricot vert, kalamata olives, farm fresh boiled eggs & an herb vinaigrette on greens **CF** 13.5

SESAME NOODLE SALAD

soy glazed chicken OR crispy tofu on egg noodles, with carrots, red peppers, scallions and snow peas tossed in housemade peanut sauce 14.5

HOUSE GREEN SALAD

chevre, roasted pecans and grape tomatoes on a bed of mixed greens **CF** 10
add chicken 15

POWER HOUSE SALAD

red quinoa, marinated gigantic beans, haricot vert, hard boiled egg, avocado, pickled onions on baby spinach with a lemony cashew cream **CF** 16.5

SIDES

mixed greens tossed in House vinaigrette 6
side of chicken 6
warm multigrain roll with butter 1.5
grilled pita 2
bag of chips 2

Consuming raw or undercooked food may increase risk of food borne illness. Please advise server before placing your order if anyone in your party has an allergy.
A 20% gratuity will be added to parties of 6 or more. Thank you and enjoy!