

LUNCH

SALADS

CURRIED MANGO CHICKEN SALAD	13.5
red grapes, pecans on mixed greens and grilled pita triangles	
substitute gluten free toast points GF	14.5
FRENCH LENTIL SALAD	13
green lentils, raisins, red bell pepper and carrots in a maple balsamic vinaigrette served on greens with walnuts and sheep's milk feta cheese crostini	
substitute gluten free toast points GF	14
COMBO SALAD	14
mango chicken and French lentil salad on greens with feta cheese crostini	
substitute gluten free toast points GF	15
NICOISE SALAD GF	13.5
premium oil-packed-yellowfin tuna, baby potatoes, haricot vert, kalamata olives, farm fresh boiled eggs and an herb vinaigrette on greens	
SESAME NOODLE SALAD	14.5
soy glazed chicken OR crispy tofu on egg noodles, with shaved carrots, red peppers, scallions and snow peas tossed in housemade peanut sauce	
MAPLE ROASTED BUTTERNUT SQUASH GF	14
served warm with goat cheese and caramelized red onions on baby spinach and arugula, topped with dried cranberries and spiced pumpkin seeds	
HOUSE GREEN SALAD GF	10
chevre, roasted pecans and grape tomatoes on a bed of mixed greens	
add chicken	15
POWER HOUSE SUMMER SALAD GF	16.5
red quinoa, marinated gigantic beans, haricot vert, hard boiled egg, avocado, pickled onions on baby spinach with a lemony cashew cream	

SIDES

mixed greens tossed in House vinaigrette	6
side of chicken	6
warm multigrain roll with butter	1
grilled pita	2
bag of chips	1

SPECIALTIES

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

CRISPY FISH TACOS	15
fried cod in corn tortillas with salsa fresca, avocado, shaved green cabbage and lime, topped with a piquant white sauce	
make the fish pan seared GF	17
CHICKEN SHAWARMA	13
marinated rotisserie chicken breast smothered with aioli and chopped cucumber tomato salad wrapped in a warm pita OR on mixed greens	
CLASSIC FALAFEL SANDWICH	11.5
vegetarian chick pea and fava bean fritters with chopped salad and lemon aioli in a grilled pita	

SANDWICHES

served on fresh baked bread with potato chips OR greens

GREEK LAMB BURGER	15.5
packed with fresh herbs, served on a warmed bun with tomato, grilled eggplant and our tzatziki sauce	
MUFFULETTA PRESSED SANDWICH	13
mortadella, peppered salami, olive tapenade, goat cheese and arugula on pain levain	
VEGETARIAN PRESSED SANDWICH	13
grilled vegetables, pesto, fresh mozzarella, olive spread and mixed greens on ciabatta	
PEPPER JACK GRILLED CHEESE SANDWICH	11.5
tangy red cabbage slaw on multi-grain bread	
add oven roasted turkey	14.5
ITALIAN CHICKEN SAUSAGE SANDWICH	14.5
with sauteed broccoli rabe, sharp provolone and mayo on a petite baguette	
ROASTED TURKEY SANDWICH	13
cabot cheddar, cranberry relish, pickled red onion, arugula and mayo on a multigrain ciabatta roll	
CURRIED MANGO CHICKEN SANDWICH	14
chicken breast, red grapes, pecans, apples served open faced on a warm pita	

SOUP OF THE DAY 5/7

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

Consuming raw or undercooked food may increase risk of foodborne illness.
Please advise server before placing your order if anyone in your party has a food allergy.