

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

CURRIED MANGO CHICKEN SALAD

with red grapes & pecans on mixed greens & grilled pita

COMBO SALAD

mango chicken and French lentil salad on greens with feta cheese crostini

HOUSE GREEN SALAD

chevre, roasted pecans and grape tomatoes on a bed of mixed greens 10

GREEK SALAD

peperonccini, feta cheese, cucumber, pickled red onion, tomato, kalamata olive, on mixed greens 12

NICOISE SALAD (not available after 4PM)

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

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 17

BEEF TENDERLOIN TACOS

with chermoula sauce, red cabbage slaw, pickled red onion and harissa aioli in crispy cheese tortillas 18.

CLASSIC FALAFEL SANDWICH

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

CHICKEN SHAWARMA

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

CURRIED MANGO CHICKEN SALAD SANDWICH

with red grapes and pecans with mixed greens on grilled pita

FAROE ISLAND SALMON

spicy Asian slaw with ginger-peanut dressing, scallion rice, fresh herbs and siracha mayo 25

THAI CURRY CHICKEN KEBABS

tender vegetables simmered in coconut lime sauce and jasmine rice 23

NONNA'S SIRLOIN MEATBALLS

linguini fini, our homemade organic tomato sauce & pecorino romano cheese 23

NDONESIAN GADO GADO SALAD

with raw spinach, pickled daikon and carrots, red cabbage, crispy organic tofu, hard boiled egg and steamed rice with housemade peanut sauce 22



ADD PROTIEIN TO SALAD:

Shawarma chicken 5

Grilled Salmon 10

Crispy organic tofu 4

BLT (not available after 4PM)

grilled multi grain bread, bacon OR turkey bacon, vine ripened tomato, lettuce and mayo 9

PEPPER JACK GRILLED CHEESE

tangy red cabbage slaw on multi-grain bread 11.5

CAPE COD BAGELS (not available after 4PM)

plain, sesame, everything, cinnamon raisin 3

toasted with butter +.50

toasted with cream cheese +1

scallion & chive or olive tapenade cream cheese +2

with smioked salmon, chive cream cheese, pickled red onion on your choice of bagel 9

FRESHLY BAKED COOKIES

chocolate chip or double chocolate 2.5

HOUSE-MADE DESSERTS

Daily selection 10

SIDES

Cape Cod potato chips 2

Mixed salad greens with House dressing 6

KID'S MENU

All items 7.50

Grilled cheese sandwich

Fried cod fish with dipping sauce

Spiral pasta with butter and cheese

Applegate Farm all beef hot dog