

Minimum \$30 for Ramsey and surrounding towns

Minimum \$50 out of the area



If you are reading this from our website, please make sure it is the correct date.

Daily Specials for Monday December 10, 2018

Soups and sides: WE ALWAYS HAVE CHICKEN CHILI \$4.95

Soups: Chicken vegetable / split pea / Sweet potato pear / Minestrone / Lentil / Cream of mushroom / Sicilian or kale salad \$4.95 / Edamame salad \$4.95 / Mini turkey pot pie with soup \$8.95 / Black bean cake \$4.95 / Grilled American cheese & bacon on a round roll panini \$5.95 / Rice balls \$4.95 / Mini vegetarian rice balls \$4.95 / Mac and cheese \$4.95 / Potato pancakes \$5.95 / Beet salad \$4.95

Salads - We always have the salmon, edamame, Asian noodle salad \$13.95

- E. Goat Cheese Salad \$9.95 Add Grilled Chicken \$12.95
- F. Marinated calamari salad, grape tomatoes and cucumbers over romaine with lemon vinaigrette dressing \$10.95
- G. Grilled shrimp, edamame salad, and Asian noodle salad over mixed greens with sesame dressing on the side \$13.95 (or ask for grilled salmon instead)
- H. Fat free two scoop salad: Mixed greens topped with a scoop fat free tuna salad, one sliced hardboiled egg, ripe avocados slices with balsamic vinaigrette dressing on the side \$10.95
- I. Chicken BLT salad – Sliced grilled chicken, crumbed crisp bacon, cubed swiss cheese, sliced hardboiled eggs, and grape tomatoes served on a bed of iceberg with ranch dressing \$12.95
- J. Lemon parmesan chicken, roasted red peppers and shaved parmesan reggiano over baby arugula with lemon vinaigrette on the side \$11.95
- K. South Beach chicken pistachio salad **iceberg** lettuce with lemon vinaigrette \$10.95

Sandwiches and wraps:

- L. Flank steak, melted cheddar, bacon, and chipotle ranch on a toasted ciabatta \$10.95
- M. Grilled chicken, arugula, roasted peppers, and lemon vinaigrette on a toasted 7-grain hero \$8.95
- N. Meatball parm hero \$8.95 (choose Italian, Chicken, or vegetarian eggplant)
- O. Chicken marsala and melted fresh mozzarella on a toasted focaccia \$8.95
- P. Flank steak, sautéed onions, and melted brie on a toasted focaccia \$9.95
- Q. Grilled chicken, fresh mozzarella, tomato bruschetta, and arugula on a toasted hero \$9.95
- R. Buffalo chicken burger, lettuce, tomatoes, and ranch dressing on a toasted round roll \$6.95
- S. Spinach feta chicken burger, lettuce, tomatoes, red onions, and tzatziki on a toasted roll \$6.95
- T. Roast beef, warmed potato pancake, shredded lettuce, and horseradish dressing on a toasted ciabatta \$8.95
- U. Hummus, turkey, cucumbers, lettuce, tomatoes, and tzatziki on a toasted 7-grain hero \$7.95
- V. Flank steak quesadilla with melted cheddar and Monterrey cheeses, bacon, caramelized onions, tomatoes, and a side of chipotle ranch \$10.95
- W. Reuben panini: corned beef, swiss, kraut, thousand island dressing on round roll panini \$8.95
- X. Turkey, bacon, avocado, **iceberg**, and dijon mayo on a toasted 7-grain hero \$8.95
- Y. Italian combo with lettuce, tomatoes, and balsamic vinaigrette \$8.95

Entrees: *ORDER OUR ENTREES COLD TO TAKE HOME FOR DINNER*****

Cavatelli and broccoli \$8.95 **OR** Warmed spicy Thai chicken with cold Asian noodles \$9.95 **OR** Meat and cheese lasagna \$8.95 **OR** Chicken marsala, potato croquettes & roasted vegetables \$10.95 **OR** Breaded chicken cutlet, scalloped potatoes, and red cabbage with bacon \$11.95

Desserts: Coconut cake \$3.95 Carrot cake \$4.95 Banana pudding \$4.95 Fruit salad \$3.95 Peanut butter brownie \$3.95 Hello dolly square \$4.50 Pecan bar \$4.50