

Minimum \$30 for Ramsey and surrounding towns

Minimum \$50 out of the area

**Please place lunch orders
by 10:00 to ensure timely
delivery**



Chicken veg Sweet potato pear
 Lentil
Grilled cheese on white with soup \$8.95

Daily Specials for Monday June 17, 2019

Soups and sides: Sicilian or kale salad \$4.95 / Egg salad & shredded lettuce on a toasted round roll \$5.95 / Broccoli salad with apples \$4.95 / Marinated Greek salad \$4.95 / Penne fresco \$4.95 / Liverwurst with mustard on rye \$5.95 / Marinated calamari salad \$5.95 / Mac and cheese \$4.95 / Rice balls \$4.95 / Potato salad \$4.95 / Grilled cheese with bacon on rye \$5.95

Salads - We always have the salmon, edamame, Asian noodle salad \$14.95

- E. Goat Cheese Salad \$10.95 Add Grilled Chicken \$13.95
- F. Tender shrimp, sweet mangos, ripe avocados, a little jalapeno, cilantro, and lemon vinaigrette served over mixed greens \$13.95
- G. Salmon salad stuffed avocado: salmon, capers, onions, and lemon dill dressing served with ripe avocados, tomato salsa, and cucumbers over mixed greens with balsamic vinaigrette \$12.95
- 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. BBQ grilled chicken, southwest quinoa, fresh corn salsa, tomato salsa, and ripe avocados over chopped romaine with ranch dressing on the side \$13.95
- J. Lemon parmesan chicken, roasted red peppers and shaved parmesan reggiano over baby arugula with lemon vinaigrette on the side \$13.95
- K. South Beach chicken pistachio salad romaine lettuce with lemon vinaigrette \$10.95

Sandwiches and wraps:

- L. Warmed boneless BBQ ribs with coleslaw on a toasted ciabatta \$7.95
- M. Grilled chicken, fresh mozz, oven roasted tomatoes, and basil pesto on a toasted 7-grain hero \$8.95
- N. Chicken meatballs, pepperoni, melted fresh mozzarella, and marinara on a hero \$9.95
- O. Eggplant parm on a toasted focaccia \$7.95
- P. Pulled pork bacon, and melted cheddar quesadilla with a side of guacamole \$10.95
- Q. Buffalo chicken burger, lettuce, tomatoes, and bleu cheese dressing on a round roll \$7.95
- R. Flank steak, sautéed onions, bacon, and melted cheddar on a toasted hero roll \$10.95
- S. Tuna salad, slightly spicy/sweet pickles, banana peppers, and shredded lettuce on a toasted 7-grain hero \$7.95
- T. Chicken saltimbocca (spinach, mozzarella) with melted fresh mozzarella, marsala sauce on a toasted ciabatta \$8.95
- U. Spinach feta chicken burger, lettuce, tomatoes, and tzatziki sauce on a round roll \$7.95
- V. Salmon salad (capers, onions, lemon dill dressing) with lettuce and tomatoes on a toasted 7-grain hero \$7.95
- W. Chicken taco meat, cheddar cheese, and bacon quesadilla with a side of chipotle ranch \$8.95
- X. Turkey, bacon, avocado, romaine, 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*****

Spaghetti with meatballs \$9.95 or chicken parm \$10.95 **OR** Stuffed shells with eggplant rollatini \$9.95 **OR** BBQ chicken thighs with coleslaw \$9.95 **OR** Warmed grilled salmon & cold Asian noodles \$11.95 **OR** Ricotta and spinach stuffed chicken with roasted vegetable \$11.95

Desserts: Carrot cake \$4.95 Fruit salad \$3.95 Tiramisu \$4.95 Banana nut or zucchini nut bread \$2.50 coconut cake \$4.50 Rice or banana pudding \$4.95 Black and white cookie \$2.50