

Delivery charge of \$3 will be added to local addresses.

TEXT YOUR ORDERS TO
201-378-8634
Make sure it is today's menu



SOUPS AND SIDES
Chicken vegetable or chicken rice
Lentil
Cream of chicken
Sweet potato pear \$6.50
Chicken chili \$6.95
Chicken chili, rice, melted cheddar,
and sour cream \$7.95
Grilled American cheese on white with soup \$11.95

Daily Specials for Tuesday, May 7, 2024

Soups and Sides: Orzo pignoli salad \$5.95 / Beet salad with candied walnuts \$5.95 / Tomato mozz salad \$5.95 / Spicy Thai slaw with grilled chicken \$7.95 / Black bean and corn salsa \$4.95 / Broccoli apple pecan salad \$5.95 / Chic pea salad \$4.95 / Sautéed peppers, onion, and mozzarella frittata or spinach mushroom swiss frittata \$7.95 / Black bean cake \$7.95 / Spinach dip with pretzel crisps \$6.95 / Hummus with pita chips \$6.95 / Red skin potato salad \$4.95 / Fruit and nut or southwest quinoa \$5.95

Salads: We always have salmon, edamame, and Asian noodle salad \$17.95

- E. Goat Cheese Salad (candied walnuts, grapes, raspberry vin) \$12.95 Add Grilled Chicken \$15.95
- F. Fat free two scoop salad: Mixed greens topped with a scoop fat free tuna salad, one sliced hardboiled egg and ripe avocados slices with balsamic vinaigrette dressing on the side \$13.95
- G. Ripe pears, dried cranberries, candied walnuts, and feta cheese (or ask for brie) over mixed greens with lemon poppy seed dressing on the side \$12.95 add grilled chicken \$15.95
- H. Spicy Thai salmon rice bowl with Spicy Thai slaw slaw, sesame cucumber salad, ripe avocado, and a side of sesame dressing (or ask for chipotle ranch) \$17.95
- I. Blackened chicken with cubed pepper jack cheese, ripe avocado, chopped tomatoes onions and cilantro, black bean and corn salsa over romaine lettuce with chipotle ranch on the side \$15\$16.95
- J. Lemon parmesan chicken, roasted red peppers and shaved parmesan Reggiano over baby arugula with lemon vinaigrette on the side \$14.95
- K. South Beach chicken pistachio salad romaine lettuce with lemon vinaigrette \$13.95

Sandwiches and wraps:

- L. Honey turkey, swiss, and coleslaw on rye bread \$12.95
- M. Blackened chicken, bacon, melted pepper jack, lettuce, and chipotle ranch on a toasted ciabatta \$14.95
- N. Breaded chicken, broccoli rabe, and melted fresh mozzarella on a toasted hero \$15.95
- O. Shaved mortadella, genoa salami, sharp provolone, and olive salad on a focaccia \$13.95
- P. Coconut chicken with melted swiss and ginger sauce on a toasted round roll \$10.95
- Q. Homemade hummus with grilled chicken, sliced avocado, ripe tomatoes, and shredded lettuce on a toasted 7-grain hero \$14.95
- R. Grilled chicken, fresh mozzarella, tomato bruschetta, and arugula in a wheat wrap \$13.95
- S. Roast beef, sautéed peppers and onions, and melted provolone on a toasted ciabatta \$12.95
- T. Turkey club with bacon, lettuce, tomatoes, and avocado on toasted white bread \$14.95
- U. Shrimp salad with romaine and tomatoes on rye \$13.95
- V. Grilled shrimp Caesar salad in a spinach wrap \$14.95
- W. Chicken fajita with Spanish rice and melted pepper jack cheese in a panini pressed wrap \$13.95
- X. Turkey, bacon, avocado, romaine, dijon mayo on a toasted 7-grain hero \$14.95
- Y. Italian combo with lettuce, tomatoes, and balsamic vinaigrette on a hero \$12.95
- Z. **Entrees:** ***ORDER OUR ENTREES COLD TO TAKE HOME FOR DINNER**

Pesto pasta with chicken and broccoli \$11.95 **OR** Chicken fajita over Spanish rice \$15.95 **OR OR** Chicken stirfry over rice \$15.95 **OR** Chicken cordon bleu over rice \$13.95 **OR** Spicy Thai salmon over Spanish rice \$16.95 **OR** Chicken francese rice, and roasted vegetables \$13.95 **OR** Penne fresco with eggplant rollatini \$12.95

Desserts: Crumb cake \$4.95 Fruit salad \$4.95 Carrot cake \$6.95 Nutella or peanut butter brownie \$4.50 Tiramisu \$4.95 Chocolate covered oreos \$2.50 Rice pudding \$5.95 Dark chocolate covered pretzels \$2.50 B&W cookie \$2.50 Nutella or berry beignet \$7.95 Jumbo M&M cookie \$2.50 Coconut cake \$5.95 Nutella almond or peanut butter brownie \$4.50