



SIGNATURE COLD SANDWICHES

TURKEY AVOCADO... \$7.95 WHOLE /\$5.95 HALF
Turkey, Provolone, Avocado, Herb Mayo, Red Onion, Lettuce & Tomato on Asiago Sourdough

TURKEY CRANBERRY... \$7.50 WHOLE/\$5.50 HALF
Turkey, Cranberry Sauce, Cream Cheese, Red Onion, Lettuce & Tomato on Country White

PECAN CHICKEN SALAD... 7.50 WHOLE/\$5.50 HALF
Chicken, Herb Mayo, Sweet & Spicy Pecans, Provolone, Red Onion, Green Leaf Lettuce & Tomato on our High-5 Flax Bread

BAJA CHIPOTLE TURKEY \$7.95 WHOLE/\$5.95 HALF
Turkey, Pepper Jack Cheese, Avocado, Shredded Cabbage, Chipotle Lime Mayo, Red Onion & Tomato on Honey Wheat

HARVEST HUMMUS VEGGIE \$7.95 WHOLE/5.95 HALF
Red Pepper Hummus, Provolone, Cheddar, Sprouts, Cucumbers, Carrots, Red Onion, Lettuce, Tomato, Mustard on Dakota Seed

TURKEY BACON... \$7.75 WHOLE/\$5.75 HALF
Turkey, Bacon, Provolone, Herb Mayo, Red Onion, Lettuce & Tomato on Asiago Sourdough

HAM & SWISS... \$7.25 WHOLE /\$5.25 HALF
Ham, Swiss Cheese, Herb Mayo, Mustard, Red Onion, Lettuce, & Tomato on Honey Wheat

ROAST BEEF & CHEDDAR \$7.75 WHOLE/5.75 HALF
Roast beef, Cheddar Cheese, Herb Mayo, Mustard, Red Onion, Green Leaf Lettuce, & Tomato on Asiago Sourdough

PB&J.....\$3.00 WHOLE
All Natural Peanut Butter with real Fruit Preserves on your choice of freshly baked bread

SOUP

CUP \$3.95 BOWL \$4.95 QUART \$11.50

LUNCH SPECIAL!
ANY HALF SANDWICH & A CUP OF SOUP
\$7.95

HOT GRILLED SANDWICHES

SPICY APPLE BACON GRILLED CHEESE
\$7.75 WHOLE/\$5.75 HALF
Green Apples, Bacon, Provolone, Cheddar, & a Spicy Orange Pepper Jelly on Country White

GRILLED TURKEY PESTO \$7.95 WHOLE/\$5.95 HALF
Turkey, Provolone, Pesto, Herb Mayo, Red Onion, Green Leaf Lettuce, Tomato & Balsamic Vinaigrette on Asiago Sourdough

THE RUEBEN... 7.95 WHOLE /\$5.95 HALF
Pastrami, Swiss, Sauerkraut, Thousand Island, Red Onion, Green Leaf Lettuce & Tomato grilled on Swedish Rye

BBQ CHICKEN BACON... \$7.95 WHOLE/\$5.95 HALF
Chicken breast, Bacon, Cheddar, BBQ Sauce, Green Leaf Lettuce, Red Onion & Tomato on our Asiago Sourdough Bread

GRILLED BLT.....\$7.50 WHOLE/\$5.50 HALF
Bacon, Lettuce, & Tomato on Country White

CLASSIC GRILLED CHEESE.....\$4.95 WHOLE
Provolone and Cheddar on Country White

SUNRISE BREAKFAST SANDWICH... \$ 5.50 WHOLE
Two Eggs, Ham or Bacon, & your choice of Cheese, on any of our fresh handcrafted breads.

FRESH SALADS \$7.95

STRAWBERRY CHICKEN ALMOND Mixed Greens, Quinoa, Strawberries, Chicken, Feta, Almonds, Sunflower Seeds & Balsamic Vinaigrette

SESAME CHICKEN Mixed Greens, Quinoa, Chicken, Shredded Cabbage, Carrots, Peanuts, Cashews, Sesame Seeds & Cilantro with a house made Miso Dressing

CALIFORNIA COBB Mixed Greens, Chicken, Bacon, Egg, Avocado, Cucumber, Tomato, Cheddar, Croutons & Ranch

APPLE FETA Mixed Greens, Quinoa, Green Apples, Chicken Feta, Almonds, Sunflower Seeds & a Balsamic Vinaigrette

BBQ CHICKEN RANCH Mixed Greens, Chicken, Tomato, Red Onion, Black Beans, Corn, Cheddar, Croutons, BBQ Sauce & Ranch