

Grab & Go Foods



A variety of these items are available in fridge daily

Turkey Focaccia Sandwich \$7.49

460 focaccia bread, *pepperjack cheese, hummus, *turkey, *tomato, *avocado, pesto (also available with gluten-free/grain-free bread)

Salami Caprese Sandwich \$7.49

460 focaccia bread, *balsamic vinegar, *mozzarella cheese, *salami, *tomato, pesto (also available with gluten-free/grain-free bread)

Veggie Focaccia Sandwich \$7.49

460 focaccia bread, *mozzarella, pesto, *cucumber, *tomato, *avocado, Greek pepperoncinis, *carrot. *Vegan option available with Follow Your Heart vegan Provolone and hummus*

Vegetarian Cobb Salad \$8.49

*Romaine, *crumbled blue cheese, *cherry tomatoes, black olives, *baked tofu, *mozzarella, boiled egg, *maple syrup, *balsamic vinegar, *olive oil

Cobb Salad \$8.49

*Romaine, boiled egg, *ham, *turkey, *cherry tomatoes, black olives, *crumbled blue cheese, with house-made organic maple balsamic vinaigrette

Maple Walnut Salad \$6.99

*Spring mix, *cucumber, feta cheese, *cherry tomatoes, *walnuts, *dried currants, with house-made organic maple balsamic vinaigrette. *Vegan option available without feta cheese and added *hemp seeds*

Curry Quinoa Salad \$6.99

*Quinoa, *bell pepper, *tomato, *parsley, *sunflower seeds, *garbanzo beans, *raisins. Dressing: *grapeseed oil, *lemon juice, *curry powder, sea salt, *black pepper

Pasta Salad \$5.99

Pasta, Sundried tomato, *cherry tomatoes, black olives, artichoke hearts, balsamic vinegar, feta, *dried rosemary, *dried parsley, salt, pepper

Sesame Kale Salad \$4.99

*Kale, Braggs aminos, *sesame oil, *edamame, *rice vinegar, *Eden seaweed seasoning

Organic Hummus large \$6.99 small \$2.49

*garbanzo beans, *tahini, *fresh garlic, *lemon juice, *olive oil, sea salt, red wine vinegar

Soup of the Day 12oz - \$6.49 / 16oz - \$7.49 / 16oz day-old soup to go - \$6.99

Made from scratch daily during colder months, October-April

*Indicates Organic

Grab & Go items available in fridge daily along with a selection of our fresh-pressed organic juices.