

Grab & Go Foods



A select variety of these items are available in fridge daily

Turkey Focaccia Sandwich \$9.99

*Indicates Organic

460 focaccia bread, *pepperjack, *hummus, turkey, *tomato, *avocado, pesto
Also available with gluten-free/grain-free bread

Salami Caprese Sandwich \$9.99

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

Meat Combo Sandwich \$10.99

460 focaccia bread, turkey, salami, *tomato, *pepperjack, *romaine, pepperoncini, *dijon mustard, *mayonnaise

Veggie Focaccia Sandwich \$9.99

460 focaccia bread, *mozzarella, pesto, *cucumber, *tomato, *avocado, pepperoncini, *carrot, *romaine
Vegan option available with Follow Your Heart vegan provolone and hummus

Vegetarian Cobb Salad \$9.99

*Romaine, *crumbled blue cheese, *cherry tomatoes, black olives, *baked tofu, *mozzarella, hard boiled egg, with house-made organic maple balsamic vinaigrette

Cobb Salad \$9.99

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

Chicken Caesar Salad \$10.99

*Romaine, Mary's chicken breast, parmesan, sun-ripened tomatoes, Caesar dressing, croutons

Maple Walnut Salad \$8.49

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

Veggies, Greens, n' Grains Bowl \$9.99

*Spring mix, *baked tofu, *quinoa, feta, *carrots, *beets, *sunflower seeds, *garlic cashew sauce (*cashews, *garlic, *balsamic vinegar, sea salt)

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, sun-ripened tomatoes, *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 Gomasio

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. Also can be found to-go in our freezer.

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