

# 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, \*edamame, Braggs aminos, \*sesame oil, \*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**

Made from scratch daily during colder months, October-April. Also can be found to-go in our fridge and freezer.

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