



To-Go Boxes

Sandwiches - served with chips or side garden salad

Turkey & Avocado: with lettuce, tomato & mayo on toasted multi-grain \$9.95

Traditional Club: turkey, bacon, provolone, lettuce, tomato & mayo on toasted white \$9.95

Egg Salad: with lettuce and tomato on toasted multi-grain \$9.25

Chicken Salad: with cucumber, lettuce & tomato on toasted sourdough \$9.95

Tuna Salad: with lettuce & tomato on toasted multi-grain \$9.95

BLT: Bacon, lettuce, tomato & mayo on toasted white bread \$9.50

Mediterranean Chickpeas and Baba Ganoush wrap: chickpeas, smoky eggplant \$9.50

baba ganoush cucumber, uochurt, olives, feta, tomatoes, lettuce

Italian: with ham, salami, Swiss cheese, lettuce, tomato, red onions, roasted red \$9.50

peppers, olive tapenade on white

Roasted Vegetables: olive tapenade, mushrooms, peppers, arugula, Swiss cheese, \$9.50

caramelized onions on toasted white

Salad Wrap: lettuce, hard boiled eggs, roast chicken, tomatoes, olive tapenade, \$9.50

avocado, red onion, cucumber, parsley.

Chipotle Chicken Sandwich with Bacon and Avocado: shredded roast chicken, \$9.95

onions, crispy bacon, tomato, avocado, pepperoncini, mixed lettuce on toasted white

Kids' Menu Served with your choice of milk, hot chocolate, or chocolate milk \$7.25

PB&J: peanut butter & grape jelly on white

Grilled Cheese: american cheese on white

Turkey: w/ provolone, lettuce, tomato & mayo on multi-grain

Macaroni & Cheese

Quiche of the day

Individual Family size

With Garden Salad

\$8

\$20

Salads - Add chicken breast to any salad: \$4.00

Sunshine Salad: mixed greens, avocado, chickpeas, grape tomatoes, \$9.50

sunflower and pumpkin seeds, raisins, cucumber with balsamic

vinaigrette

Southwestern Salad: mixed greens, black beans, bacon, avocado, \$9.50

grape tomatoes, red onion, tortilla strips & jack cheese with french

vinaigrette (olive oil, rice vinegar, mustard, salt and black pepper)

Spinach Salad: with warm bacon, onions vinaigrette & poached eggs \$9.50

Grilled Sandwiches (on sourdough) \$9.95

Tuna Melt: Tuna salad & Provolone.

Ham and Apple: With Swiss cheese

Balsamic Caramelized Onions & Arugula: With Swiss cheese.

Patty Melt: ground beef and bacon patties, topped with melted Swiss cheese and

sweet caramelized onions

Bowls - \$9.50

Mushrooms & peas: sunflower seeds, shredded chicken, Israeli couscous, scallions

Quinoa: red quinoa, avocado, red onions, poached egg, cucumber, lettuce

Rice and Black Beans: tomato salsa, bacon, scallions, sunny side egg

Milkshakes (20oz) - \$7.50

Chocolate

Raspberu

Vanilla

Lavender

Strawberry