



Monday, July 17

LUNCH

Soup - Hearty Summer Vegetable (GF) 12 oz...\$4.95
Savory Lunch Pastry - each ...\$5.95
 Add a deli salad, green salad or soup for a combo \$9.25

- ❖ Nostimo - Organic kale, spinach & tomatoes mixed with feta cheese, kalamata olives, onions & fresh dill

Deli Salad - 5 oz ...\$3.95
 ❖ Dill Green Bean Salad (GF) (Vegan)
 ❖ Tarragon Egg Salad

Large Chef Salad (GF) \$8.50
Tender organic greens, crunchy summer vegetables, chicken breast, sharp cheddar cheese, boiled eggs, and house vinaigrette make a perfect lunch! Homemade croutons served on the side.

Monday Dinner Special

Shepherd's Pie (GF) \$14/\$26 For 2
Classic Irish recipe with lamb, grass fed beef, red wine, flavorful thyme, peas, carrots and organic mashed potatoes. This is our best selling dinner! Your choice of soup, salad or side vegetable also included.

Chicken Caprese Sautee \$13/\$24 For 2
Roasted chicken served with farm fresh organic tomatoes, onions and garlic in a balsamic glaze. Includes a side of pasta and your choice of soup or house salad.

Tuesday, July 18

LUNCH

Soup - Spicy Red Lentil (Vegan) (GF) 12 oz...\$4.95

Savory Lunch Pastry - each ...\$5.95
 Add a deli salad, green salad or soup for a combo \$9.25
 ❖ Southwest Chicken

Deli Salad - 5 oz... \$3.95
 ❖ Carrot Coleslaw with Ginger & Mint (GF)
 ❖ Broccoli, Bacon, Pecan & Cranberry (GF)

Chicken Caesar Salad \$8.50
Crisp romaine, roasted chicken, crunchy croutons, slivered parmesan and homemade caesar dressing. Summer salads are back!

Tuesday Dinner Special

Eggplant & Quinoa 'Meatballs' \$12/\$22 For 2
Roasted eggplant, protein rich quinoa, milled oats and spices baked into savory meatballs. Includes onion gravy, rice pilaf and your choice of soup, salad or side vegetable.

Wednesday, July 19

LUNCH

Soup - Chicken Barley (GF) 12 oz...\$4.95
Savory Lunch Pastry - each ...\$5.95
 Add a deli salad, green salad or soup for a combo \$9.25
 ❖ Bacon, Greens, Tomato & Spicy Mayo

Deli Salad - 5 oz ...\$3.95
 ❖ Marinated Wild Rice Salad
 ❖ Kale & Beet

Wednesday Dinner Special

Pulled Pork \$14/\$26 For 2
Delicious shredded pork shoulder slow cooked with onions, garlic, and spices. Served with Southern fried cabbage and your choice of soup or organic house salad.

Thursday, July 20

LUNCH

Soup - Chunky Tomato (GF) (Vegan) 12 oz.... \$4.95
Savory Lunch Pastry - each... \$5.95
 Add a deli salad, green salad or soup for a combo \$9.00
 ❖ Pulled Pork, Horseradish & Cheddar

Deli Salads - 5 oz ...\$3.95
 ❖ Coleslaw

Large Green Goat Salad (GF) \$8.50
Organic greens, creamy goat cheese, toasted walnuts and fresh berries tossed with our house vinaigrette. Croutons served on the side.

Thursday Dinner Special

Summer Squash & Red Pepper Pasta \$12/\$22 For 2
Angel hair pasta crowned with sautéed summer squash, red bell peppers, savory herbs and creamy goat cheese.

Friday, July 21

Stop in and see what we've created for lunch today - It's always changing!

All dinners in the cooler are **specially priced** on Friday. Stop in for a few dinners and make your weekend easy!

Come Visit Us For Lunch!

We've added some great lunch items for your busy work days. Choose from special options like Sriracha Deviled Eggs, Homemade Hummus, Fruit Cups, Chef Salads, Collard Green Wraps, Yogurt Parfaits and more! Add one of our flaky lunch pastries and you're all set!

Don't forget - you can now dine in at lunch!

We also make your evening easy by taking care of the cooking! Our healthy and delicious Take & Bake meals will make the most of your time together. Dinner is done!

Eat Well, Eat Easy, Eat Delicious
 Call 715-1496 for more information