



LUNCH

Soup of the Day

Our homemade soups are made with the finest ingredients and homemade stock. Give us a call to discover today's special soup.

12 oz. \$4.95

Savory Lunch Pastry

Delicious fillings wrapped in our famous flaky crust!

Fillings listed below \$6.75

Paired with a soup or house salad \$10.50

*Fillings vary - stop in or give us a call to find out what we've got today!

Lunch Special

Check out our daily lunch special for a taste of something different. Soup or salad included. Price Varies

We're sad to announce that Friday September 27th will be our last day at our downtown location - the continued construction on the parking garage has affected our business too much. We're looking at a few other locations and hope to see you soon!

A sincere 'thank you' to our loyal customers - until we meet again...

SALADS

Large Green Salad \$6.95

Organic greens, cucumbers, bell peppers and carrots with our homemade maple mustard vinaigrette.

Side House Salad \$4.25

Chicken & Cranberry Salad

Savory grilled chicken, celery, red onions, tart cranberries, crispy homemade croutons and tangy lemon poppy seed dressing served over organic greens

\$8.25

Tarragon Egg Salad

Crispy organic greens and chopped vegetables topped with a generous portion of our creamy tarragon egg salad. **Gluten Free** \$7.25

Hummus & Vegetables

Enjoy a portion of our tasty homemade hummus and fresh sliced vegetables for a perfect lunch side or afternoon snack. **Gluten Free** \$3.00

TAKE & BAKE DINNERS

Available Monday - Friday

Meatloaf & Roasted Carrots

Classic comfort food! Grass fed beef & pork mixed with onions and spices and baked with a tangy tomato crust. Served with oven roasted carrots and your choice of soup or houses salad. **Gluten free**

\$13.00

Mediterranean Dinner Bowl

Organic brown rice, seasoned lentils, sweet caramelized onions, kalamata olives and herbed sautéed vegetables served together in one bowl.

Spicy sour cream on the side. Soup or salad included.

Gluten Free \$12.00

*With Roasted Chicken **\$13.00**

Available Tuesday - Friday

New - Ginger Beef Lettuce Wraps

Nestle strips of ginger marinated beef and pickled vegetable salad in tender bib lettuce for a cool and healthy supper. Served with scallion brown rice and your choice of soup or salad. **\$13.00**

Chicken & Brown Rice Fritters

Savory roasted chicken and organic brown rice mixed with vegetables and spices, fried into a crispy fritter. Served with mustard dipping sauce and sautéed vegetables. Served with your choice of soup or house salad. **Gluten free** **\$13.00**