

## grab n' go sandwiches

**avocado & cheese** -VGT **\$6.25**

organic avocado, muenster cheese, tomato, veganise, herbamare and romaine lettuce on multi grain Balthazar bread

**avocado sprout** -VG **\$5.95**

organic avocado, tomato, sun sprouts, veganise and herbamare on multi grain Balthazar bread

**cheese and sprout** -VGT **\$5.95**

muenster cheese, organic carrots, sun sprouts, pickles, veganise, and seasonings on multi grain Balthazar bread

**chicken salad** **\$6.95**

today's all natural fresh roasted chicken breast salad on multi grain Balthazar bread

**eggplant and portabello mushroom** -VG **\$4.25**

organic portabello mushroom, eggplant, roasted onions, roasted tomatoes, veganise, fresh basil, lemon juice, olive oil, salt & pepper on a whole wheat & oat roll

**eggplant, portabello mushroom and mozzarella** -VGT **\$4.75**

organic portabello mushroom, eggplant, roasted onions, roasted tomatoes, mozzarella, veganise, fresh basil, lemon juice, olive oil, salt and pepper on a whole wheat and oat roll

**fresh mozzarella, roasted tomato & homemade pesto** -VGT **\$7.95**

fresh mozzarella, roasted tomatoes, arugula, onion, parsley, olive oil, parmesan, pine nuts, garlic on hearty rosemary ciabatta

**tuna salad** **\$6.25**

tongol tuna, canola mayo, organic carrots, celery, sweet relish, red onion, raisins on multi grain Balthazar bread

## whole wheat wraps

*all wraps are freshly prepared on all natural whole wheat wraps with organic vegetables and all natural meats and cheeses.*

**fakin' bacon wrap** -VG **\$7.95/lb**

fakin' bacon (light life brand), roasted tomato, avocado, romaine lettuce, herb veganise (basil, garlic, parsley, scallions, thyme)

**tuna salad wrap** **\$8.25/lb**

tongol tuna, celery, carrots, red onion, raisins, sweet relish, canola mayo, spring mix, spices

**tofu salad wrap** -VG **\$7.50/lb**

tofu, organic tvp, veganise, carrots, celery, red onion, parsley, vegetarian chicken flavor, spring mix

## grab n' go salads

*prices vary per lb*

**garden salad made with organic veggies** -VGT

assorted organic veggies, organic sprouts, chickpeas, sharp cheddar cheese, sunflower seeds, balsamic vinegar, olive oil, salt, pepper, garlic and dried oregano

**grilled chicken Caesar salad**

grilled murray's chicken, organic romaine lettuce, homemade croutons. Dressing: canola mayo, parmesan, organic lemon, garlic and olive oil

**organic house salad** -VG

organic romaine lettuce, radicchio, endive, cherry tomatoes, olives, cucumbers. Dressing: olive oil, balsamic vinegar, garlic, salt, pepper and dried oregano

**spring waldorf salad**

organica mixed greens, apples, dried cranberries, pecans, lemon juice, avocados, french feta cheese, capers, olive, canola oil, honey, sherry vinegar, mustard, salt and pepper

**vegetarian salad with balsamic dressing** -VGT

assorted organic vegetables, organic chickpeas, organic tomatoes, organic sprouts, roasted sunflower seeds, balsamic vinegar, olive oil, garlic, salt, pepper and dried oregano

**monday**

**avocado with roasted tomato wrap** <sup>-VG</sup> **\$5.95/ea**  
organic avocado, roasted tomato, spring mix, lemon juice, salt and pepper, herb veganaise

**gluten-free avocado & veggie wrap** <sup>-GF-VG</sup> **\$4.95**  
organic avocado with roasted tomato, roasted tomato, mixed greens, lemon juice, salt & pepper, herb veganaise

**chipotle chicken salad wrap** **\$4.95**  
all natural chicken breast, canola mayo, spring mix, ketchup, cilantro, lime juice, whole wheat wrap

**classic roast beef** **\$7.95**  
applegate roast beef, roasted peppers, lettuce, canola mayonnaise, Horseradish on a fresh baked french baguette

**gluten-free panini** **\$7.95**  
turkey, avocado, roasted tomatoes and colby cheese

**gluten-free chipotle chicken wrap** **\$4.95**

**grilled chicken caesar wrap w/ croutons** **\$4.95**  
grilled all natural chicken breast, canola mayo, parmesan, olive oil, romaine lettuce and croutons, garlic and lemon juice

**grilled natural chicken breast & cheddar panini** **\$6.95/ea**  
all natural grilled chicken, cheddar cheese, tomato, sautéed onion and chipotle mayo

**grilled natural chicken & brie** **\$7.95**  
all natural fresh roasted chicken breast, organic brie, chipotle mayo, romaine lettuce, tomato

**mozzarella and arugula** <sup>-VGT</sup> **\$7.95**  
mozzarella, roasted red pepper, sautéed garlic, arugula, olive oil, salt & pepper on a fresh baked garlic ciabatta.

**jumbo lump crab salad on a brioche bun** **\$10.95/ea**  
jumbo lump crab salad with lettuce and tomato (seasonal)

**parmesan crusted natural chicken** **\$7.95**  
parmesan crusted all natural fresh roasted chicken cutlet, romaine lettuce, tomato, & canola mayo

**turkey & swiss** **\$4.95/ea**  
fresh roasted turkey breast, swiss, russian dressing, sweet relish, ketchup, salt & pepper, mixed greens and veganaise on eli's health bread

**tuesday**

**fresh roasted turkey, avocado & cheese panini** **\$6.95**  
fresh roasted turkey breast, organic avocados, colby cheese, roasted tomato, herb veganaise on eli's whole wheat bread

**gluten-free hummus wrap** <sup>-GF-VG</sup> **\$4.95**  
hummus, avocado, carrot, raw beets and mixed greens

**gluten-free honey mustard chicken salad wrap** **\$4.95**  
all natural fresh roasted chicken breast, canola mayo, spring mix, stone ground mustard, honey mustard, red onion and celery

**greek salad wrapped in lavash bread (seasonal)** <sup>-VGT</sup> **\$7.95**

**grilled chicken caesar wrap w/ croutons** **\$4.95**  
grilled all natural chicken breast, canola mayo, parmesan, olive oil, romaine lettuce and croutons

**grilled natural chicken & brie** **\$7.95**  
all natural fresh roasted chicken breast, organic brie, chipotle mayo, romaine lettuce, tomato

**grilled vegetables whole wheat wrap** <sup>-VGT</sup> **\$4.50**  
grilled veggies and goat cheese

**honey mustard chicken salad wrap** **\$4.95**  
all natural fresh roasted chicken breast, canola mayo, spring mix, stone ground mustard, honey mustard, red onion, celery

**parmesan crusted natural chicken** **\$7.95**  
parmesan crusted all natural fresh roasted chicken cutlet, romaine lettuce, tomato, & canola mayo

**Prosciutto mozzarella** **\$7.95**  
mozzarella, prosciutto, roasted red peppers, arugula, balsamic vinegar, olive oil, salt & pepper on a baked baguette

**turkey & cheddar** **\$4.95**  
fresh roasted turkey breast, cheddar, chipotle canola mayo, roasted tomato, spring mix eli's health bread

**wednesday**

**classic roast beef** **\$7.95**  
applegate roast beef, roasted peppers, lettuce, canola mayonnaise, horseradish on a fresh baked french baguette

**chicken parmesan panini** **\$7.95**  
parmesan crusted all natural fresh roasted chicken cutlet, fresh mozzarella, tomato sauce on a rosemary focaccia

**gluten-free avocado & black bean salsa wrap** <sup>-GF-VG</sup> **\$4.95**  
organic avocado, black bean salsa, tomato sunflower sprouts

**grilled chicken caesar wrap w/ croutons** **\$4.95**  
grilled all natural chicken breast, canola mayo, parmesan, olive oil, romaine lettuce & croutons

**grilled natural chicken & brie** **\$7.95**  
all natural fresh roasted chicken breast, organic brie, chipotle mayo, romaine lettuce, tomato

**jumbo lump crab salad on a brioche bun (seasonal)** **\$10.95**  
jumbo lump crab meat, canola mayo, lemon juice, salt & pepper, celery, scallions on a brioche bun

**mozzarella and arugula** <sup>-VGT</sup> **\$7.95**  
mozzarella, roasted red pepper, garlic, arugula, olive oil, salt & pepper on a fresh baked garlic ciabatta

**old fashioned chicken salad wrap** **\$4.95**  
all natural fresh roasted chicken, canola mayo, sour cream, spring mix, red onion, celery, sweet relish, Dijon mustard, apple cider vinegar

**parmesan crusted natural chicken** **\$7.95**  
parmesan crusted all natural fresh roasted chicken cutlet, romaine lettuce, tomato, & canola mayo

**turkey & avocado** **\$4.95**  
fresh roasted turkey breast, organic avocado, canola mayo, spring mix, salt & pepper, lemon juice on eli's health bread

**thursday**

- gluten-free avocado & black bean salsa wrap** <sup>-GF -VG</sup> **\$4.95**  
black bean salsa, avocado and fresh tomatoes
- gluten-free lemon basil chicken salad wrap** **\$4.95**
- grilled chicken caesar wrap w/ croutons** **\$4.95**  
grilled all natural chicken breast, canola mayo, parmesan, olive oil, romaine lettuce & croutons
- grilled natural chicken & brie** **\$7.95**  
all natural fresh roasted chicken breast, organic brie, chipotle mayo, romaine lettuce, tomato
- grilled vegetables & goat cheese whole wheat wrap** <sup>-VGT</sup> **\$4.95**  
with mixed greens
- lemon basil chicken salad wrap** **\$4.95**  
all natural fresh roast chicken breast, canola mayo, spring mix, dried cherries, fresh basil, lemon zest/juice, red onion
- parmesan crusted natural chicken** **\$7.95**  
parmesan crusted all natural fresh roasted chicken cutlet, romaine lettuce, tomato, & canola mayo
- Prosciutto mozzarella** **\$7.95**  
fresh mozzarella, prosciutto, roasted red peppers, arugula, balsamic vinegar, olive oil, salt & pepper on a fresh baked french baguette
- turkey pastrami reuben panini** **\$6.95**  
applegate farms roasted turkey pastrami, sweet relish, ketchup, veganise, sauerkraut, swiss on eli's marble rye
- turkey & provolone** **\$4.95**  
fresh roasted turkey breast, provolone, roasted red pepper, arugula, balsamic vinegar, canola mayo, on eli's health bread

**friday**

- classic roast beef** **\$7.95**  
applegate roast beef, roasted peppers, lettuce, canola mayonnaise, horseradish on a fresh baked french baguette
- eggplant parmesan panini** <sup>-VGT</sup> **\$7.95**  
breaded organic eggplant, fresh mozzarella, tomato sauce on rosemary focaccia
- gluten-free avocado & black bean salsa wrap** <sup>-GF -VG</sup> **\$4.95**  
organic avocado, black bean salsa, tomato, sunflower sprouts
- gluten-free waldorf chicken salad wrap** **\$4.95**
- grilled chicken caesar wrap w/ croutons** **\$4.95**  
grilled all natural chicken breast, canola mayo, parmesan, olive oil, romaine lettuce & croutons
- grilled natural chicken & brie** **\$7.95**  
all natural fresh roasted chicken breast, organic brie, chipotle mayo, romaine lettuce, tomato
- jumbo lump crab salad on a brioche bun (seasonal)** **\$10.95**  
jumbo lump crab meat, canola mayo, lemon juice, salt & pepper, celery, scallions on a brioche bun

- mozzarella and arugula** <sup>-VGT</sup> **\$6.95**  
mozzarella, roasted red pepper, garlic, arugula, olive oil, salt & pepper on a fresh baked garlic ciabatta
- organic avocado & roasted tomato wrap** <sup>-VG</sup> **\$5.95**  
organic avocado, roasted tomato, spring mix, lemon juice, salt & pepper, herb veganise
- parmesan crusted natural chicken** **\$7.95**  
parmesan crusted all natural fresh roasted chicken cutlet, romaine lettuce, tomato, & canola mayo
- turkey & mozzarella** **\$4.95**  
fresh roasted turkey breast, fresh mozzarella, roasted red pepper, canola mayo, salt & pepper, arugula on eli's health bread
- waldorf chicken salad wrap** **\$4.95**  
all natural fresh roasted chicken breast, canola mayo, honey, spring mix, dried apricots, dried cherries, pecans, apples, parsley, white wine vinegar

**saturday**

- avocado & roasted tomato whole wheat wrap** <sup>-VG</sup> **\$4.95**  
organic avocado, roasted tomato, spring mix, lemon juice, salt & pepper, herb veganise
- chicken caesar salad wrap** **\$4.95**  
all natural fresh roasted chicken breast, canola mayo, garlic, parmesan, spring mix, dry mustard, apple cider vinegar lemon juice, whole wheat wrap
- gluten-free turkey wrap** **\$7.95**  
turkey, avocado, colby cheese and roasted tomatoes
- grilled natural chicken & brie** **\$7.95**  
all natural fresh roasted chicken breast, organic brie, chipotle mayo, romaine lettuce, tomato
- grilled chicken & bruschetta panini** **\$6.95**  
all natural grilled chicken breast, cheddar cheese, basil, shallots, onion, 'tomato balsamic vinegar, salt & pepper on eli's whole wheat bread
- mediterranean grilled chicken breast w/ hummus wrap** **\$4.95**  
all natural grilled chicken breast, fresh organic hummus, organic spring mix
- parmesan crusted natural chicken** **\$7.95**  
parmesan crusted all natural fresh roasted chicken cutlet, romaine lettuce, tomato, & canola mayo

**sunday**

- gluten-free hummus wrap** <sup>-GF -VG</sup> **\$4.95**  
hummus w/ raw beets, carrots, avocado with mixed greens
- organic hummus, tomato, & carrot wrap** <sup>-VG</sup> **\$4.95**  
fresh organic hummus, tomato, carrots, spring mix
- turkey avocado panini** **\$6.95**  
fresh roasted turkey breast, organic avocado, colby, roasted tomato on eli's whole wheat bread
- turkey cheddar on whole wheat wrap** **\$4.95**
- waldorf chicken salad wrap** **\$4.95**  
all natural fresh roasted chicken breast, canola mayo, spring mix, honey, dried apricots, dried cherries, pecans, apples, parsley, white wine vinegar