

SIGNATURE SANDWICHES

FRANCE	\$12.95
ham+ gruyere + baguette +cornichon + dijon mustard	
USA	\$ 13.95
fresh roasted turkey + swiss + health bread +romaine + avocado + herb mayo	
ITALY	\$ 13.95
prosciutto + mozzarella + ciabatta + lettuce +sweet peppers, red onion, balsamic vinegar +oil	
JAPAN	\$ 12.95
tuna salad on rye bread + tomato + capers + sprouts	
AUSTRIA	\$ 12.95
black forest ham + swiss + rye bread + lettuce + tomato + mustard	
INDIA	\$ 12.95
curry chicken + health bread + sprouts + tomato	
GERMANY	\$ 12.95
avocado + health bread + tomato +red onion + spinach + muenster cheese + dijon mustard + lemon	
ATLANTIC	\$ 14.95
smoked salmon + cream cheese + tomato +red onion + capers on bagel or flagel	
SUPREME	\$ 13.95
smoked turkey + brie + apple + honey mustard + baguette	
GREAT NORTHERN	\$ 13.95
chicken + ciabatta + bacon + tomato + romaine + avocado + aioli	
CALIFORNIA	\$ 13.95
veggie burger + melted provolone + health bread + avocado +horseradish mayo	
TEXAS BLT	\$ 13.95
bacon, spinach + salsa + ciabatta + avocado + mayo	
NEW YORKER	\$ 13.95
pastrami + rye + melted swiss + coleslaw + russian dressing	
HEALTH NUT	\$ 13.95
fresh turkey + lettuce + tomato + avocado + honey mustard + multi grain	

HOME MADE SOUPS DAILY

Matzoh ball + Chicken Quinoa + Lentil + Carrot Ginger + Seasonal

TURKEY CHILI

GRUYERE MAC + CHEESE

\$ 5.50 medium **\$ 6.50** large

BEYOND BURGER \$14.95

brioche bun - lettuce - tomato - onion

GRILLED SANDWICHES

\$12.95

PARMA	
chicken + mozzarella + panini + spinach + tomato + balsamic	
HAMPTON	
smoked turkey + swiss +honey mustard + avocado + baguette	
FIRENZE	
smoked ham + gruyere + panini + arugula + tomato + balsamic	
CROQUE MONSIEUR	
jambon + gruyere + french bread + cornichon + dijon	
ROMA	
genoa salami + provolone +panini + arugula + tomato + mustard	
MT. FUJI	
tuna salad + swiss + rye bread + siracha	
CAPRESE	\$11.95
fresh mozzarella + tomato + panini + arugula + pesto	
LOS ANGELES	
turkey + swiss + health bread +avocado + herb mayo	
MILANO	
prosciutto + mozzarella + panini + arugula + tomato + balsamic	
TUSCAN	\$13.95
chicken + mozzarella + baguette + bacon + tomato	
LONDON	\$13.95
roast beef + melted cheddar + baguette + bacon + onion + BBQ sauce	
MUSHROOM MELT	
portobello + mozzarella + arugula + balsamic	

GRILLED CHEESE

PARIS - gruyere, tomatoes + dijon	\$7.95
BARI - mozzarella, tomato + pesto	\$7.95
ATHENS - feta, olives +oregano	\$7.95
CLASSIC - farm cheddar	\$6.95

CUSTOM GIFT BASKETS

FROM OUR MARKET SELECTIONS

BOWLS

HUMMUS \$12.95

hummus + quinoa + farro + pumpkin seeds + black beans + carrots + celery + cucumber + baby kale + red onion + citrus dressing

MOTHER EARTH \$12.95

quinoa + golden beets + sprouts + pumpkin seeds + tomato + carrots + celery + peppers + edamame + avocado + citrus dressing

NOODLE \$14.95

wild shrimp + rice noodles + cabbage + cucumber + carrots + peanuts + sprouts + red onion + thai vinaigrette

truffle chicken salad sandwich

baby arugula + toasted ciabatta. **\$13.95**

WRAPS \$12.95

whole wheat + spinach + gluten free

# 1 CURRY CHICKEN	
sprouts + mango chutney	
# 2 SMOKED TURKEY & CHEEDAR	
avocado, hickory smoked bacon + herb mayo	
# 3 ROASTED TURKEY	
romaine lettuce, avocado + herb mayo	
# 4 HAM & SWISS	
hickory smoked bacon + champagne mustard	
# 5 ROAST CHICKEN	
romaine lettuce, sweet peppers + mayo	
# 6 ROAST BEEF & CHEDDAR	
w/sprouts & russian dressing	
# 7 TEX MEX	
roasted chicken & american cheese + avocado + fresh salsa	
# 8 SOUTH WEST	
chicken + jalapeno cheese + peppers + onions + horseradish mayo	
# 9 BBQ CHICKEN	
w/ avocado + jalapeno cheese	
#10 VEGAN	\$ 11.95
carrots + peppers + spinach + tomato + hummus + red onion	

BREAKFAST

Local farm fresh eggs

ENGLISH MAN	\$ 8.95
2 eggs + cheddar + bacon + ciabatta roll	
FRENCH COUNTRY SIDE	\$ 8.95
2 eggs + gruyere + ham + french bread	
TUSCAN EXPERIENCE	\$ 8.95
2 eggs + asiago cheese +bacon + ciabatta roll	
SWISS DELIGHT	\$ 9.95
2 egg whites + swiss + turkey + health toast + avocado	
LEE SPA	\$ 9.95
2 egg whites + swiss, spinach, avocado + salsa + whole wheat wrap	
AVOCADO TOAST on toasted Multi Grain	\$ 11.95
RICOTTA + TRUFFLE HONEY	\$ 11.95
+ toasted multi grain	
COCONUT YOGURT BOWL fruit + granola	\$ 10.95
STEEL CUT OATMEAL berries + banana	\$ 6.95
ORGANIC EGGS	
2 eggs + bacon or ham + cheese + roll	
\$ 8.95	
2 eggs + roll	
\$ 4.95	
omelette + cheese or vegetables	
\$ 5.95+	
omelette + meat + vegetables	
\$ 6.95+	

* we have turkey bacon + sausage *

BAKERY

croissants, scones & muffins	\$ 2.75
bagels or flagels plain	\$ 2.50
butter	\$ 3.00
cream cheese	\$ 3.50
scallion or veggie cream cheese	\$ 4.00
peanut butter or jelly	\$ 5.50
gluten free plain bagels	\$ 3.50

Ask us what cookies and pastries we have today!

babka, cheese danish, apple muffin, blueberry muffin, biscotti, mini donuts, assorted croissants

Coffee & Espresso Bar

FRESH BREWED, ESPRESSO, CAPPUCINO,

MOCHA, MATCHA, CHAI+MAPLE OR

We have ALMOND, OAT, SOY, COCONUT, SKIM, 2%

SIGNATURE SALADS

priced per 1/2 lb

truffle, curry or bbq chicken salad	\$ 7.95
classic tuna salad	\$ 6.95
lobster salad (seasonal)	\$ market
shrimp salad (seasonal)	\$ 10.95
Quinoa w/ citrus, snap peas	\$ 6.95
coleslaw	\$ 5.95
greek	\$ 6.95
golden beet salad goat cheese + red onion	\$ 6.95
farro kale + feta + tomato	\$ 6.95
grape salad celery + pumpkin seeds + tarragon	\$ 6.50
orrechiette portobello,pecorino + mint	\$ 6.95
sesame soba noodles	\$ 6.95
organic egg salad	\$ 5.50
tuna salad	\$ 6.95
veggie salad w/ broccoli, cucumber, tomato, carrot	\$ 6.95
ravioli - corn or arugula and ricotta	\$ 7.95

SMOOTHIES fresh fruit. \$ 8.50 each

- Emerald Smoothie:** celery, spinach, pineapple + yogurt
- Fruity Smoothie:** strawberry, red grape + banana
- Sunset Pear Smoothie:** pear, apple, orange + pineapple
- Very Berry Smoothie:** blueberries, pear + grapes
- Broccoli & Pear:** broccoli, pear, orange, banana + grapes
- Mango Delight Smoothie:** mango, banana, apple + orange
- Strawberry Fields Smoothie:** strawberries + grapes + yogurt
- Glowing Green:** kale, spinach, apple + cucumber + lemon + celery

ADD PROTEIN, PEANUT BUTTER
DATES OR ANOTHER FRUIT FOR \$1.25

ORGANIC ACAI BOWLS \$ 12.00

- BERRY BOWL:** granola, berries, oat milk, banana
- NUT BOWL:** granola, berries, banana, peanut butter +.95

WE HAVE GROCERIES + PREPARED MEALS
ONLINE OR CALL FOR SPECIALS

Create Your Own Tossed or Chopped Salad

CHOOSE ONE \$5.95 base

ROMAINE, FIELD GREENS, SPINACH,
KALE OR BABY ARUGULA

TOPPINGS 0.50 ¢ each

- CARROTS
- CELERY
- RED ONION
- CUCUMBERS
- TOMATOES
- CHICK PEAS
- BLACK BEANS
- SWEET CORN

TOPPINGS 0.75 ¢ each

- BROCCOLINI
- FRESH PEPPERS
- ROASTED PEPPERS
- DRIED CRANBERRIES
- SLICED ALMONDS
- EDAMAME
- OLIVES
- PUMKIN SEEDS
- SNAP PEAS

TOPPINGS \$ 1.00 each

- AVOCADO
- ARTICHOKE HEARTS
- BACON
- GOLDEN BEETS
- EGG
- FETA CHEESE
- BLUE CHEESE
- GOAT CHEESE
- MUSHROOMS
- SESAME NOODLES
- RED QUINOA
- FARRO

TOPPINGS \$ 2.50 each

- ROASTED CHICKEN
- FRESH TURKEY
- SHAVE AGED PARMIGIANO

TOPPINGS \$ 3.50 each

- ITALIAN TUNA
- JUMBO SHRIMP

DRESSING & CROUTONS

- OLIVE OIL
- VINEGAR RED OR BALSAMIC
- BALSAMIC VINAIGRETTE
- BLUE CHEESE
- CREAMY CAESAR
- RANCH
- MANDARIN ORANGE SESAME
- FRESH SQUEEZED LEMON JUICE
- CITRUS VINAIGRETTE

CROUTONS

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