



PASTA



BUILD YOUR OWN 9.95
includes base plus 2 ingredients

CHOOSE YOUR PASTA

penne
rigatoni
linguini

fusilli
farfalle

CHOOSE INGREDIENTS *choose two*

grape tomatoes
broccoli
mushrooms
peppers
sun-dried tomatoes
red onions

scallions
capers
green peas
jalapeno peppers
olives

CHOOSE YOUR SAUCE

basil pesto
alfredo

marinara
vodka

PREMIUMS 2.50
fresh mozzarella
bacon
bolognese sauce
(single serving)

3
chicken
Italian sausage
ham

4
shrimp (4pc)

PASTA FAVES



CARBONARA 14.95
bacon, fresh rosemary, seeded jalapeno
peppers, eggs, parmesan

RIGATONI CAMPAGNOLA 13.95
Italian sausage, mushrooms, spinach,
olive oil and garlic in pomodoro sauce

PENNE VODKA 11.95
creamy tomato sauce with bacon and vodka

BASIL PESTO 12.95
whole wheat fusilli with pine nuts garlic
and olive oil

PENNE BOLOGNESE 14.95
penne pasta in a zesty tomato meat sauce
(double serving)

TORTELLINI 11.95
with basil pesto or pomodoro sauce

LINGUINI CACCIATORE 14.95
grilled chicken, onions, mushrooms, tomatoes,
peppers in our basil pomodoro sauce

LINGUINI SCAMPIGNOLA 15.95
shrimp (6pc) sautéed in garlic and olive oil,
alfredo sauce

Prices are subject to increase without notice.

PAIR IT WITH A SOUP

SOUP



CALL OR JOIN
OUR MAILING LIST
FOR OUR
6-8 DAILY VARIETIES

12 oz. 4.95
16 oz. 5.95
ADD 1.00 FOR PREMIUM SOUP



SNACKS

DEEP RIVER CHIPS 1.89
CHIPS (GLUTEN FREE) 1.99
TERRAFINA (NUTS & TRAIL MIXES) 3.95

JUICES 8.95

All of our juices are fresh-pressed

GINGERLY
carrot, apple and ginger

GREENERY
pear, kale, celery and parsley

FRUIT FANCY
apple, blueberry, strawberry, kiwi and
fresh lemon

FRIENDLY GREEN
kale, romaine, cucumber, celery and spinach
(add apple as an option)



BRIGHTEN UP
pineapple, apple, carrot and fresh lemon

HEART BEETS
beets, apple, parsley and tri-color carrots

GREEN LEMONADE
kale, cucumber, whole lemon and granny
smith apple

ORANGE JUICE
freshly squeezed 5.45 / 7.95

SMOOTHIES 7.95

The best ingredients blended together for a delicious and
uplifting meal or snack

NON-DAIRY

COCO-PINEAPPLE
mango, mixed berries, coconut milk
and pineapple juice

POM-BERRY
mixed berries blended with
pomegranate juice

FRUIT BLISS
pineapple, banana, berries and
fresh orange juice

DAIRY BASE
(authentic strained Greek yogurt)

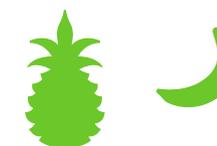
ORANGE YOU GLAD
bananas, oranges, skim milk and ice

PEACH CREAMSICLE
peaches, bananas, oranges,
skim milk and ice

RED RASPBERRY RUSH
strawberries, raspberries, lemon, skim milk
and ice

GOOD & GREEN
spinach, banana, cucumber,
fresh mint and freshly squeezed lemon

SUPER PURPLE
banana, blueberries, almond
milk, oats, chia seeds and honey



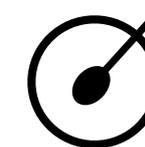
BERRY DELICIOUS
strawberries, blueberries, raspberries,
skim milk and ice

CITRUS BERRY BURST
strawberries, fresh lime juice,
raspberries, orange and
skim milk



LUNCH & DINNER MENU

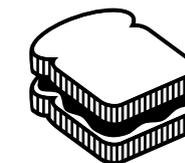
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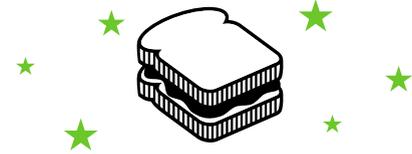
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TOP 10 SANDWICHES



- SMOKED SALMON 10.95**
cream cheese, cucumber, red onion, capers, cusabi (cucumber & wasabi) spread, sliced seven grain
- ITALIAN MEATS 10.95**
salami, mortadella, cappy ham, lower sodium provolone cheese, tomato, lettuce, banana peppers, garlic Italian dressing, semolina sub
- TOSCANO 10.95**
prosciutto riserva stradolce, goat cheese, fig jam, wild thyme honey, arugula, freshly baked baguette
- SPICY CHIC 10.95**
blackened grilled chicken, pico de gallo, pepper jack cheese, hot sauce, freshly baked ciabatta
- TURKEY CLUB 11.45**
oven roasted turkey, lettuce, tomato, smoked bacon, avocado, ancho chipotle mayo, freshly baked baguette
- BLACK & BLUE 11.95**
London broil, crispy onions, sweet roasted peppers, marblue cheese, horseradish cream, freshly baked ciabatta
- THE VERMONT 10.95**
honey maple turkey, vermont cheddar, shaved apples & arugula, honey mustard
- CORNERED BEEF 11.95**
domestic swiss cheese, sauerkraut, chile-horseradish aioli, sliced rye
- PEPPERED RACHEL 10.95**
peppermill turkey, roasted peppers, swiss cheese, spicy slaw, russian dressing, sliced sourdough
- AVOCADO VEGGIE (VEGAN) 8.95**
tomatoes, shredded beets, thin sliced red onion, baby spinach, ripe avocado, Florina roasted peppers, lemon tahini humus, cranberry pecan square

CLASSICS

- TUNA MELT 10.95**
house special tuna, roasted tomatoes, swiss cheese, english muffin
- FRENCH MELT 10.95**
Smokemaster® black forest ham, brie cheese, shaved apples, fig balsamic spread, crushed walnuts, baguette
- CRANBERRY TURKEY 9.95**
roasted turkey salad, cranberry lime chutney, watercress, toasted walnuts, sliced cranberry pecan
- CHICKEN SALAD 9.95**
white meat chicken, crisp lettuce, avocado, tomato, mayonnaise, sliced cranberry pecan
- TUNA SALAD 9.95**
house special tuna, avocado, lettuce, tomato, sliced seven grain
- CAPRESE 10.95**
Tuscan semi-dried in olive oil tomatoes, fresh mozzarella, fresh basil, balsamic glaze, pesto, focaccia
- PASTRAMI 10.95**
thinly sliced pastrami, swiss cheese, deli mustard, sliced rye
- ADOBO CHICKEN 10.95**
blackened grilled chicken, tomato relish, smoked bacon, pepper jack cheese, sliced white french

PANINI 10.95

- EGGPLANT SMASH PANINO**
grilled zucchini, eggplant smash, sweet red peppers, roasted tomatoes, smoked gouda, pesto mayo, focaccia pocket
- SWISS STEAK PANINO**
London broil, sautéed mushrooms, caramelized onions, baby swiss cheese, horseradish cream, sliced rye
- OH HONEY PANINO**
honey maple baked ham, ovengold turkey, sweet pickles, baby swiss cheese, sliced sourdough
- PROSCIUTTO DI BUFALA PANINO**
prosciutto riserva stradolce, mozzarella di bufala, walnut & fig balsamic spread, focaccia pocket
- TURKEY CHUTNEY PANINO**
ovengold turkey, green apple, brie cheese, cranberry chutney, sliced cranberry pecan square

WRAPS 9.95

- CALIFORNIA**
herb marinated grilled chicken, tomatoes, avocado, roasted peppers, dijon vinaigrette
- CHICKEN CAESAR**
diced tomatoes, crisp romaine, shaved romano, mexican pepita Caesar
- ANCHO POLLO**
chipotle chicken, queso fresco, pico de gallo, corn & black beans, sour cream, shredded lettuce
- TURKEY COBB**
ovengold turkey, candied bacon, marblue cheese, avocado, cage-free egg, lettuce, diced tomatoes
- BAJA CLUB**
blackened chicken, smashed avocado, smoked bacon, tomato relish, romaine lettuce, lime avocado
- QUINOA**
fresh baby spinach, carrots, chickpeas, roasted peppers, sliced avocado, spicy humus

BOWLS of GOODNESS

comfort food all made from scratch

SALADS

- SPIKED CAESAR 8.95**
chopped romaine, grape tomatoes, seasoned croutons, parmesan, Mexican pepita caesar
- THE ROCKET 8.95**
arugula, parmesan, granny smith apple, raisins, walnuts, grapes, honey balsamic vinaigrette
- CHICKEN TAHINI 10.95**
arugula, cabbage, blackened chicken, humus, grape tomatoes, diced cucumbers, scallions, spicy whipped feta, baked giant lima beans, beet tahini, chipotle ranch
- COBB 11.45**
super greens, grill herbed chicken, bacon, avocado, cage-free egg, grape tomatoes, blue cheese, Dijon vinaigrette
- SANTA CRUZ 9.45**
chopped romaine, corn & bean salsa, avocado, pico de gallo, scallions, tortilla chips, ancho-chile vinaigrette

GRAIN BOWLS

- THE HARVEST 9.95**
super greens, quinoa, avocado, roasted sweet potato, walnuts, apples, raisins, honey balsamic vinaigrette
- MEXICANA 11.45**
chopped romaine, blackened chicken, brown rice, roasted corn & black bean salsa, queso fresco, avocado, tomato & onion, tortilla chips, chilly vinaigrette sriracha style
- WILD GINGER 9.95**
super greens, blackened chicken, basmati rice, broccoli, red onions, roasted sweet potato, edamame, double garlic ginger
- SANTORINI 10.95**
herbed grill chicken, chopped romaine, rice, chickpeas, Mediterranean relish, humus, spicy whipped spicy feta, pita chips, Greek vinaigrette
- SANTA FE 10.45**
shredded kale, baby arugula, avocado, quinoa, crispy onions, spicy sunflower seeds, grape tomatoes, corn & black bean salsa, chilly vinaigrette sriracha style

QUESADILLAS 10.95

- SIMPLE**
three cheese
- CHICKEN**
chicken, sweet potato, corn & black bean
- BEEF**
chili-lime beef, poblano peppers
- CHORIZO**
chorizo, peppers, onions, potato, queso fresco
- HAM**
honey maple ham, swiss

DIPS guacamole, roasted tomato salsa, sour cream

BUILD YOUR OWN SALAD

OPTION 1 6.95
COMES WITH FOUR
1.00 ADD-ONS

OPTION 2 4.25
GREEN BASE ONLY
(Add-ons are not sold without a green base.)

TOSS OR CHOP
 **YOU CHOOSE**

ADD-ONS

INGREDIENTS 1.00

broccoli	olives	roasted peppers	pork bacon	spicy sunflower seeds
carrots	mushrooms	radishes	cage-free egg	bean sprouts
diced cucumbers	beets	green peas	dried cranberries	goat cheese
grape tomatoes	zucchini	fresh apple	croutons	jack cheddar
onions	asparagus	pico de gallo	toasted almonds	blue cheese
peppers	cauliflower	edamame	walnuts	barrel aged feta
corn & beans	brussels sprouts	raisins	tortilla chips	parmesan
banana peppers	chickpeas	sun-dried tomatoes	crispy onions	

HOUSEMADE DIPS 1.50

tzatziki, hummus, whipped spicy feta, harissa, chunky guacamole

PREMIUMS 2.50

half avocado, organic tofu
3.00 chicken (all flavors), tuna, turkey, steak
4.00 shrimp (4pc), salmon

DRESS IT!

chipotle ranch	lime avocado vinaigrette	red wine vinegar
light classic Italian	gorgonzola & white balsamic vinaigrette	fresh lime squeeze
dijon vinaigrette	lemon herb tahini	fresh lemon squeeze
honey balsamic vinaigrette	mexican pepita caesar	hot sauce
ancho-chile vinaigrette	balsamic vinegar	EVOO
double garlic ginger & lime		



UNWAVERING STANDARDS

We only use premium meats and cheeses from Boar's Head to create the perfect assortment for any occasion that will satisfy any and all tastes.

To learn more about Boar's Head brand or for nutrition information, please visit boarshead.com