



# 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)

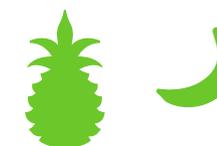
**ORANGE YOU GLAD**  
bananas, oranges, skim milk and ice

**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



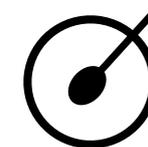
**BERRY DELICIOUS**  
strawberries, blueberries, raspberries,  
skim milk and ice

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



## LUNCH & DINNER MENU

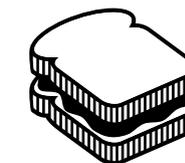
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## TOP 10 SANDWICHES



- 1 SMOKED SALMON 10.95**  
cream cheese, cucumber, red onion, capers, cusabi (cucumber & wasabi) spread, sliced seven grain
- 2 ITALIAN MEATS 10.95**  
salami, mortadella, cappy ham, lower sodium provolone cheese, tomato, lettuce, banana peppers, garlic Italian dressing, semolina sub
- 3 TOSCANO 10.95**  
prosciutto, goat cheese, fig jam, wild thyme honey, arugula, freshly baked baguette
- 4 SPICY CHIC 10.95**  
blackened grilled chicken, pico de gallo, pepper jack cheese, hot sauce, freshly baked ciabatta
- 5 TURKEY CLUB 11.45**  
oven roasted turkey, lettuce, tomato, smoked bacon, avocado, ancho chipotle mayo, freshly baked baguette
- 6 BLACK & BLUE 11.95**  
roast beef, crispy onions, sweet roasted peppers, vermont cheddar, horseradish cream, freshly baked ciabatta
- 7 THE VERMONT 10.95**  
honey maple turkey, vermont cheddar, shaved apples & arugula, honey mustard
- 8 CORNED BEEF 11.95**  
domestic swiss cheese, sauerkraut, chile-horseradish aioli, sliced rye
- 9 PEPPERED TURKEY 10.95**  
turkey, roasted peppers, swiss cheese, spicy slaw, russian dressing, sliced sourdough
- 10 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



We only use premium meats and cheeses to create the perfect assortment for any occasion.

## 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
- PROSCIUTTO DI BUFALA PANINO**  
prosciutto riserva stradolce, mozzarella di bufala, walnut & fig balsamic spread, focaccia pocket
- SWISS STEAK PANINO**  
london broil, sautéed mushrooms, caramelized onions, baby swiss cheese, horseradish cream, sliced rye
- TURKEY CHUTNEY PANINO**  
ovengold turkey, green apple, brie cheese, cranberry chutney, sliced cranberry pecan square
- OH HONEY PANINO**  
honey maple baked ham, ovengold turkey, sweet pickles, baby swiss cheese, sliced sourdough

## WRAPS 9.95

- CALIFORNIA**  
herb marinated grilled chicken, tomatoes, avocado, roasted peppers, dijon vinaigrette
- CAESAR**  
herb marinated grilled, chicken breast, crisp romaine, parmesan cheese, tomatoes, creamy caesar
- BUFFALO**  
spicy grilled chicken breast with crisp romaine lettuce, celery, onions, tomatoes, blue cheese
- COBB**  
mesquite smoked turkey, bacon, tomato, blue cheese dressing lettuce, hard-cooked egg
- SOUTH WESTERN**  
spicy grilled chicken breast, avocado, corn salsa, iceberg lettuce, mayonnaise, ranch and taco seasoning
- QUINOA**  
fresh baby spinach, carrots, chickpeas, florina 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
- COBB 11.45**  
super greens, grill herbed chicken, bacon, avocado, cage-free egg, grape tomatoes, blue cheese, Dijon 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
- 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
- WILD GINGER 9.95**  
super greens, blackened chicken, basmati rice, broccoli, red onions, roasted sweet potato, edamame, double garlic ginger
- 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
- 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
- SANTORINI 10.95**  
herbed grill chicken, chopped romaine, rice, chickpeas, Mediterranean relish, humus, spicy whipped spicy feta, pita chips, Greek vinaigrette

## 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		