

SMOOTHIES

Kale Berry Smoothie	5.00
Seasonal Smoothie	5.00
Add yogurt, almond milk, soy, peanut butter	.50

SALADS

Kale Salad

Kale, croûton, Parmesan, Caesar dressing, sun dried tomato pesto.

Quinoa Salad

Toasted quinoa, marinated olives, roasted peppers, red onion, Maple Brook Farms mozzarella spinach & red wine vinaigrette.

Tabouli Salad

Cucumber, tomato, onion, romaine hearts, parsley & lime vinaigrette.

Garden Salad

Mixed greens & vegetables with balsamic vinaigrette.

Add Protein

BREAKFAST

Bagel or English Muffin	2.00
w/cream cheese or peanut butter	2.50
w/egg & cheese	4.45
w/egg, cheese & veggies	5.25
w/egg, cheese & meat	5.45
w/egg, cheese & sausage	6.00

8.00

8.00

8.00

8.00

3.00

SANDWICHES

Turkey

GMS turkey with kale pesto, cheddar, greens, tomato-balsamic jam, toasted sour white.

8.00

Pastrami

BRM smoked pastrami, caramelized onions, swiss, mustard sauce, toasted rye.

9.00

Mushroom

Roasted portobello mushrooms, spinach, roasted red peppers, fresh mozzarella, toasted four seed.

7.00

Chicken Salad

Chicken salad, tomatoes, greens, toasted whole wheat.

8.00

Cured Salmon

Pepper jelly cream cheese, pickled onions, greens, toasted wheat bread.

9.00

Ham

NCS ham, pineapple relish, Swiss cheese, spinach, toasted wheat bread.

8.00

Braised Pork

Locally raised & braised, blueberry bbq, apple, cilantro & lime slaw, cheddar, toasted sour white

9.00

Sweet Potato

Roasted sweet potato & quinoa cake, pickled onion, greens, roasted red pepper sauce & toasted four seed

7.00

Chili with Bread 4.25/6.25

Soup with Bread 3.95/5.95