



SANDWICHES 12

Turkey Meatball Sub \$14.00

turkey meatballs in classic sunday marinara sauce, provolone, parmesan, house-infused basil oil, and arugula on our own freshly-baked classic semolina sub roll

Mushroom Cheese"steak" \$14.00

truffled roasted mushrooms, cacio e pepe sauce, provolone, caramelized onions, and roasted red peppers (vegetarian) on our own freshly-baked classic semolina sub roll

Chicken Pesto Burrata \$15.00

marinated grilled chicken breast, basil pesto, whipped burrata, roasted red peppers, tomato, and spinach on our own freshly-baked classic semolina sub roll

Lunchbox Special \$14.00

our own uncured maple turkey and thick-cut turkey bacon, cheddar, avocado mash, pickles, lettuce, tomato, and dairy-free avocado ranch on our own freshly-baked classic semolina sub roll

Buffalo Chicken Sub \$14.00

baked chicken cutlet, buffalo sauce, blue cheese, pickled carrots and celery, lettuce, tomato, and dairy-free avocado ranch on our own freshly-baked classic semolina sub roll

Spicy Eggplant Parm \$13.00

baked eggplant cutlet, whipped burrata, marinara, parmesan, chile oil, toasted breadcrumbs, and arugula (vegetarian) on our own freshly-baked classic semolina sub roll

The Wild Bird \$14.00

marinated grilled chicken breast, provolone, turkey bacon bits, caramelized onions, pickles, lettuce, tomato, hot cherry peppers, and dairy-free spicy secret sauce on our own freshly-baked classic semolina sub roll

The Remy (vegan) \$13.00

roasted red peppers, baked eggplant cutlet, caramelized onions, cherry tomatoes, housemade zucchini pickles, basil oil, spinach and toasted cannellini spread on our own freshly-baked classic semolina sub roll

Chicken Parm \$14.00

baked chicken cutlet, whipped burrata, marinara, parmesan, and house-infused basil oil on our own freshly-baked classic semolina sub roll

Build Your Own Sandwich \$13.00

includes 1 protein / veggie base, 1 cheese / spread, 2 veggies, and 1 sauce, plus the option to add extras on our own freshly-baked classic semolina sub roll

Green Goddess Chicken Caesar Sub \$14.00

marinated grilled chicken, green goddess caesar dressing, parmesan, romaine, tomato, and provolone on our own freshly-baked classic semolina sub roll

Spicy Chicken Banh Mi	\$15.00
lemongrass chicken, sriracha coulis, dairy-free basil jalapeno aioli, pickled veggies, and cilantro on our own freshly-baked classic semolina sub roll	

SALADS 5

Green Goddess Caesar Salad	\$11.00
romaine, parmesan, green goddess caesar dressing, parmesan croutons, cherry tomatoes	
Buffalo Chicken Salad	\$14.00
baked chicken cutlet, blue cheese, romaine, pickled carrots and celery, dairy-free wing sauce dressing	
Pesto Chicken Salad	\$14.00
marinated grilled chicken breast, whipped burrata, spinach, arugula, cherry tomatoes, broccoli, pesto vinaigrette	
Maple Cobb Salad	\$14.00
marinated grilled chicken, turkey bacon, avocado mash, blue cheese, romaine, baby spinach, tomato, maple dijon vinaigrette	
Truffled Mushroom Salad (vegan)	\$13.00
truffled roasted mushrooms, broccoli, cherry tomatoes, mixed greens, maple dijon vinaigrette	

SIDES 7

Oatmeal Chocolate Chip Cookie	\$4.00
rolled oats studded with chocolate chips	
Mac & Cheese & Peas	\$6.00
cavatappi pasta, housemade cheese sauce, peas, breadcrumbs	
Roasted Broccoli	\$4.00
vegan avocado ranch, toasted breadcrumbs	
Kosher Dill Pickles	\$2.00
two classic kosher dill spears	
Cape Cod Potato Chips	\$3.00
kettle-cooked with sea salt	
Turkey Meatballs	\$8.00
braised in housemade marinara, parmesan, arugula	
Kid's Meal	\$10.00
choice of baked chicken cutlet or turkey meatballs. served with mac and cheese, roasted broccoli, and box of Mott's apple juice. limited to children under 13	

BEVERAGES 13

Ginger Lemonade	\$4.00
just a lil' sweet homemade lemonade with a hint of ginger, 16 oz	

Iced Coffee	\$4.00
Fresh Roasted Iced Coffee	
Organic Black Iced Tea	\$4.00
Mighty Leaf Organic Black Iced Tea Blend	
Hot Coffee	\$3.00
Fresh Roasted Hot Coffee	
Mighty Leaf Hot Tea	\$4.00
Selection of Mighty Leaf Specialty Hot Tea Blends - 12 oz	
Saratoga Sparkling Water	\$4.00
12 oz	
Saratoga Spring Water	\$4.00
12 oz	
Poppi Orange Soda	\$4.00
prebiotic low-sugar orange soda	
Spindrift Seltzer - Grapefruit	\$4.00
unsweetened natural grapefruit juice sparkling water	
Spindrift Seltzer - Orange Mango	\$4.00
unsweetened natural orange mango sparkling water	
Poppi Classic Cola	\$4.00
prebiotic low-sugar classic cola soda	
Vita Coco Coconut Water	\$5.00
11.1 oz	
Martinelli's Organic Apple Juice	\$5.00
Martinelli's Organic Apple Juice - 10 oz	