



## SIGNATURE SALADS 10

### Good Earth

mesclun, quinoa & barley, lentils, apple, dried cranberries, walnuts, red onion, carrots, seedless cucumbers, cilantro, parsley, sweet curry dressing

#### AVAILABLE OPTIONS

- Classic: \$8.99
- Demi: \$7.29
- Pocket: \$7.99

### Farmers Lunchbox

mesclun, kale & romaine, grilled flank steak, grape tomatoes, carrots, cucumbers, hard boiled egg, avocado, pesto, peppercorn dressing

#### AVAILABLE OPTIONS

- Classic: \$10.49
- Demi: \$8.79
- Pocket: \$9.49

### Mighty Aphrodite

romain & arugula, garlic shrimp, feta, cucumbers, grape tomatoes, red onion, herb vinaigrette

#### AVAILABLE OPTIONS

- Classic: \$10.49
- Demi: \$8.79
- Pocket: \$9.49

### Bangkok Express

sesame ginger baked tofu or baked salmon, romaine, green cabbage, avocado, green onion, carrots, celery, rice vermicelli, spicy thai peanut dressing

#### AVAILABLE OPTIONS

- Classic: \$10.49
- Demi: \$8.79
- Pocket: \$9.49

### Chinese Chicken

roasted chicken, arugula, red cabbage, carrots, roasted peanuts, cilantro, green onion, orange, sesame miso vinaigrette

#### AVAILABLE OPTIONS

- Classic: \$10.49
- Demi: \$8.79
- Pocket: \$9.49

### The Baja

chili-marinated grilled portobello or lemon pepper chicken, green cabbage, romaine, corn, grape tomatoes, cheddar, blue corn tortilla chips, green onion, creamy chipotle dressing, fresh lime

#### AVAILABLE OPTIONS

- Classic: \$9.99
- Demi: \$8.29
- Pocket: \$8.99

### Kale Caesar

kale & romaine, lemon pepper chicken breast, parmesan, low-fat croutons, grape tomatoes, caesar dressing & a squeeze of lemon

#### AVAILABLE OPTIONS

- Classic: \$9.29
- Demi: \$7.59
- Pocket: \$8.29

### Falafel Bowl

kale & mesclun, baked falafel, sundried tomato, hummus, red onion, red & green bell peppers, carrots, cucumbers, grape tomatoes, lemon tahini dressing

#### AVAILABLE OPTIONS

- Classic: \$8.69
- Demi: \$6.99
- Pocket: \$7.69

| Roasted Roots                                                                                                                                               | AVAILABLE OPTIONS |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| kale & romaine, roasted seasonal roots, goat cheese, celery, red onion, carrots, dijon vinaigrette, balsamic syrup & a drizzle of creamy horseradish yogurt | Classic: \$8.99   |
|                                                                                                                                                             | Demi: \$7.29      |
|                                                                                                                                                             | Pocket: \$7.99    |

| Weekly Feature                                                                                                      | AVAILABLE OPTIONS                 |
|---------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| lentils, tomatoes, kidney beans, celery, red onion, parsley & cilantro on baby spinach w/ herb vinaigrette dressing | Classic: \$8.69                   |
|                                                                                                                     | Demi: \$7.49                      |
|                                                                                                                     | Classic W/roast Chicken: \$9.99   |
|                                                                                                                     | Demi W/roast Chicken: \$8.59      |
|                                                                                                                     | Classic W/ Sesame Ginger: \$9.99  |
|                                                                                                                     | Demi W/sesame Ginger Tofu: \$8.59 |

## BUILD YOUR OWN 1

| Build Your Own                                                     | AVAILABLE OPTIONS           |
|--------------------------------------------------------------------|-----------------------------|
| comes w/ your choice of greens & 4 basics (or 3 basics & 1 cheese) | Classic: \$7.99             |
|                                                                    | Demi: \$6.49                |
|                                                                    | Pocket: \$6.99              |
|                                                                    | Additional Toppings: \$0.99 |

## CHOOSE YOUR BASE 5

|            |
|------------|
| Arugula    |
| Kale       |
| Romaine    |
| Spinach    |
| Spring Mix |

## ADD PREMIUMS 19

|                 |        |
|-----------------|--------|
| Roasted Chicken | \$2.99 |
| Garlic Shrimp   | \$3.99 |
| Falafel         | \$1.79 |
| Goat Cheese     | \$1.29 |
| Cheddar         | \$1.29 |
| Provolone       | \$1.29 |
| Blue Cheese     | \$1.29 |
| Baked Tofu      | \$1.49 |

|                        |        |
|------------------------|--------|
| Grilled Portobello     | \$0.99 |
| Nuts                   | \$1.49 |
| Sundried Tomato Hummus | \$1.29 |
| Parmesan               | \$1.29 |
| Lemon Pepper Chicken   | \$2.99 |
| Salmon                 | \$3.99 |
| Feta                   | \$1.29 |
| Avocado                | \$1.49 |
| Hard Boiled Egg        | \$1.29 |
| Sesame Ginger Tofu     | \$1.79 |
| Flank Steak            | \$3.99 |

CHOOSE YOUR BASICS 24

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|                          |
|--------------------------|
| Blue Corn Tortilla Chips |
| Red and Green Peppers    |
| Dried Cranberries        |
| Red Onions               |
| Red Cabbage              |
| Barley                   |
| Mandarin Oranges         |
| Chopped Apples           |
| Celery                   |
| Corn                     |
| Cucumbers                |
| Carrots                  |
| Lentils                  |
| Grape Tomatoes           |
| Edamame                  |
| Green Cabbage            |

- Rice Vermicelli
- Scallions
- Brown Rice
- Chickpeas
- Cilantro
- Black Beans
- Low-Fat Croutons
- Quinoa

CHOOSE YOUR DRESSING 14

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- Dijon Vinaigrette

(199 cal.)
- Sweet Curry

(127 cal.)
- Ceasar

(131 cal.)
- Sesame Miso Vinaigrette

(186 cal.)
- Balsamic Vinaigrette

(115 cal.)
- Balsamic Syrup

(101 cal.)
- Lemon Tahini

(189 cal.)
- Carrot Ginger

(48 cal.)
- Spicy Thai

(117 cal.)
- Creamy Chipotle

(64 cal.)
- Extra Virgin Olive Oil & Lemon

(206 cal.)
- Honey Mustard

(119 cal.)

Herb Vinaigrette

(98 cal.)

Horseradish Yogurt

(13 cal.)

SOUPS 3

Broccoli Cheddar

AVAILABLE OPTIONS

Cup: \$4.29

Bowl: \$5.29

Chipotle Sweet Potato

AVAILABLE OPTIONS

Cup: \$4.29

Bowl: \$5.29

White Chicken Chili

AVAILABLE OPTIONS

w/ cilantro

Cup: \$4.29

Bowl: \$5.29

GRAIN BOWLS 2

Curry Bowl

\$8.99

lentils, chickpeas, quinoa, shredded carrots, cucumbers, cilantro, sweet curry dressing

Mexican Rice Bowl

\$9.99

lemon pepper chicken, brown rice, black beans, cheddar, cabbage, cilantro, corn, creamy chipotle dressing

SANDWICHES 3

Chipotle Chicken

\$7.49

oven roasted chicken, cheddar cheese, tomato, organic blue tortilla chips, mesclun and chipotle dressing

Caprese

\$7.49

mozzarella cheese, tomato, pesto, balsamic glaze and mesclun

Peppercorn Steak

\$8.49

grilled flank steak, provolone cheese, red onion, mesclun and peppercorn dressing

SNACKS 5

Apple

\$0.99

Deep River Chips

\$1.59

Banana

\$0.99

Fresh Baked Goodies

\$1.99

Power Bars

\$2.50

BREAKFAST 5

|                                                                                                          |                           |
|----------------------------------------------------------------------------------------------------------|---------------------------|
| <b>Classic Eggwich</b>                                                                                   | <b>AVAILABLE OPTIONS</b>  |
| Egg, aged white cheddar, toasted English muffin                                                          | \$3.49                    |
|                                                                                                          | With Turkey Bacon: \$4.29 |
|                                                                                                          | With Steak: \$4.99        |
| <hr/>                                                                                                    |                           |
| <b>Stuffed Breakfast Burrito</b>                                                                         | <b>AVAILABLE OPTIONS</b>  |
| Egg, aged white cheddar cheese, onion, potato, red and green bell pepper on a honey wheat flour tortilla | \$3.69                    |
|                                                                                                          | With Turkey Bacon: \$4.49 |
|                                                                                                          | With Steak: \$4.99        |
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| <b>Mexican Burrito</b>                                                                                   | <b>AVAILABLE OPTIONS</b>  |
| Egg, pepper jack cheese, black beans, salsa, potato, onion on a honey wheat flour tortilla               | \$4.49                    |
|                                                                                                          | With Steak: \$5.99        |
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| <b>Avocado Toast</b>                                                                                     | <b>AVAILABLE OPTIONS</b>  |
| Avocado mash, Extra Virgin Olive Oil and lemon on toasted multigrain bread                               | 1 Slice: \$2.99           |
|                                                                                                          | 2 Slices: \$4.99          |
| <hr/>                                                                                                    |                           |
| <b>Greek Yogurt</b>                                                                                      | <b>\$3.69</b>             |
| with granola and seasonal fruit                                                                          |                           |

OAT CUISINE 8

|                                 |               |
|---------------------------------|---------------|
| <b>Chopped Apples</b>           | <b>\$3.99</b> |
| <hr/>                           |               |
| <b>Golden Raisins</b>           | <b>\$3.99</b> |
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| <b>Dried Cranberries</b>        | <b>\$3.99</b> |
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| <b>Chopped Walnuts</b>          | <b>\$3.99</b> |
| <hr/>                           |               |
| <b>Ground Flax Seeds</b>        | <b>\$3.99</b> |
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| <b>Ground Chia Seeds</b>        | <b>\$3.99</b> |
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| <b>Toasted Silvered Almonds</b> | <b>\$3.99</b> |
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| <b>Diced Dried Apricots</b>     | <b>\$3.99</b> |

DRINKS 8

|                               |               |
|-------------------------------|---------------|
| <b>Bottled Water</b>          | <b>\$1.79</b> |
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| <b>Puck's Fountain Drinks</b> | <b>\$1.99</b> |
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| <b>Fresh Brewed Iced Tea</b>  | <b>\$1.99</b> |
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| <b>Coconut Water</b>          | <b>\$2.99</b> |
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| <b>Honest Tea</b>             | <b>\$1.99</b> |
| <hr/>                         |               |
| <b>Pure Leaf</b>              | <b>\$1.89</b> |
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|               |        |
|---------------|--------|
| Seltzer Water | \$1.79 |
| Bai           | \$3.49 |