



TRADITIONAL SANDWICHES \$14.95

Meats (choose 1) \$2.00 for each additional

100% All-Natural Roast Turkey	Albacore Tuna Salad
Certified Angus Roast Beef	Bailey & Sage Roasted
Genoa Salami, Spicy Capicola	Chicken Salad
	Smoked Ham

Cheeses

American Vermont cheddar Swiss	Fresh mozzarella
Imported Asiago Fontina	Vermont pepper jack
	Provolone
	Crumbled bleu

Artisan Breads

Sesame braided Ciabatta	Focaccia of the day
Multi Grain Ciabatta	

Condiments

Mayonnaise	Spicy Mustard
Chipotle Mayo	BBQ Sauce
Chipotle Aioli	Pesto
Horseradish Sauce	Horseradish Sauce
Yellow Mustard	Extra Virgin Olive Oil
Dijon Mustard	
Honey Mustard	

Accompaniments

Iceberg Lettuce	Hot Peppers
Sliced Tomato	Basil
Red Onions	Shredded Carrots
Pickles	

SPECIALTY SANDWICHES

Tritone Italiano – \$14.95

Imported Genoa salami, spicy capicola, provolone cheese, fresh basil, tomato, and olive oil on a freshly baked sesame seeded bread

Steak Sandwich – \$15.95

Grilled certified Angus steak hand sliced with our special seasoning, topped with horseradish sauce, and American cheese loaded with sautéed onions, pep-pers and mushrooms on a freshly baked ciabatta

Grilled Chicken Sandwich – \$14.95

100% all natural grilled chicken, applewood smoked bacon, fontina cheese, basil, beefsteak tomato, and chipotle mayo on a freshly baked ciabatta

Prosciutto & Mozzarella – \$15.95

Thinly sliced imported Prosciutto Di Parma, fire roasted tomatoes, and mozzarella cheese on artisan crusty bread

Grilled Chicken Cobb Wrap – \$14.95

Grilled chicken breast, romaine & Iceberg lettuce, avocado, ba-con, tomato, crumbled bleu cheese, and mayo

California Wrappini – \$14.95

Grilled 100% all-natural chicken breast, avocado, sun dried tomato pesto aioli, caramelized onions, spinach, and Vermont cheddar cheese Pressed on a sun dried tomato wrap

Pesto Chicken Panini – \$14.95

Grilled chicken breast, asiago cheese, roasted red peppers, herb pesto, Arugala, and fresh basil Pressed hot on Braided Roll

Cubano – \$14.95

Marinated pork roast, smoked ham, Swiss cheese, crisp pickles, and mustard served on artisan crusty bread

Chipotle Turkey – \$14.95

Roasted Turkey, Lettuce, Tomato, Bacon With House Chiptole Aioli

Korean Pulled Pork – \$14.95

Fresh pork slowly braised then pulled with Korean Gochujang sauce, topped with pickled red onions, kale veg blend and topped with chipotle aoli

Vegetarian Sandwiches

Buffalo Cauliflower – \$13.95

Pan Fried multi colored cauliflower and kale vegetable blend, buffalo style

BLT (beet lettuce tomato– \$13.95

Crispy red beets, mixed greens, sliced tomatoes with dried cranberry and carrot aoli

Mushroom Panini – \$13.95

~~Sautéed wild mushroom blend, shredded romaine, caramelized onions and fontina cheese~~

Caprese Panini– \$13.95

Fresh mozzarella, sliced tomatoes, roasted red peppers, house pesto and a balsamic glaze

TRADITIONAL SALADS

Kale Caesar – \$10.95

Fresh baby kale and Romaine lettuce, parmesan cheese, tomatoes, crispy seasoned croutons, Tossed in our house caesar dressing

Spicy Thai – \$13.95

Grilled all natural chicken, fresh baby spinach, chick peas, red onion, carrots, broccoli finished with house spicy thai dressing

Steak Salad– \$15.95

Fresh mixed greens, color fingerling potatoes, tomatoes, crumbled blue cheese, crispy onion straws tossed with a chipotli aoli

Beet and Goat Cheese– \$11.95

Fresh mixed greens, beets, goat cheese, momemade honey toasted walnuts, tomatoes and carrots

Southwest – \$14.95

Romaine lettuce, grilled all-natural chicken breast, black beans, corn, cilantro, tomato, Vermont pepper jack cheese, and crispy onions with Chipotle ranch dressing

Cobb – \$12.95

Romaine and iceberg lettuce, chopped eggs, crispy smoked bacon, avocado, locally grown tomato, and crumbled bleu cheese with choice of dressing

Greek – \$10.95

Mixed greens, kalamata olives, red onions, tomatoes, pepperoncini, roasted red peppers, cucumber, and feta cheese with our classic Greek dressing

Waldorf – \$11.95

Romaine lettuce, crisp granny smith apples, dried cranberries, seedless grapes, chopped walnuts, and crumbled bleu cheese with classic Waldorf dressing

ADD TO ANY SALAD

\$3.95 grilled chicken

\$2.50 tuna salad

\$4.50 grilled shrimp

\$5.95 grilled steak

\$2.50 Tofu

CUSTOM CHOPPED SALADS

\$9.95 or make it a wrap:

Choose your greens: Field Greens / Iceberg / Romaine / Spin-ach / Arugula / Baby kale

Choose 4 free ingredients (each additional +\$.50)

Apples	Cherry peppers	Mandarin oranges
Artichokes	Chickpeas	Mushrooms
Asian noodles Bean sprouts	Corn	Pears
Beets	Croutons	Pepper jack cheese
Black beans	Cucumbers Dried	Radish
Bleu cheese crumbles	cranberries	Red bell peppers
Broccoli	Edamame	Red onions
Carrots	Eggs, chopped	Red onions
Celery	Feta cheese	Roasted red peppers
Cheddar cheese	crumbles	Sunflower seeds
	Fried onions	Swiss cheese
	Grapes	Tomatoes
	Green bell pepper	

Treat yourself with your premium ingredients

\$3.95 grilled chicken	\$2.00 each	\$1.25 each
\$2.50 tuna salad	Grilled asparagus	Almonds
\$4.50 grilled shrimp	Roasted turkey	Parmesan cheese
\$5.95 grilled steak	Genoa salami	Walnuts
\$2.50 Tofu	Smoked bacon	Grilled zucchini
	Smoked ham	Hearts of palm
	Fresh mozzarella	Kalamata olives
	Avocado	Sun dried tomato
	Goat cheese	

Choose your dressing

Balsamic Vinaigrette (Fat free)	Russian	Bleu cheese
Asian ginger vinaigrette	Spicy Thai	Cesar
Honey lime vinagrette	Ranch	Creamy asiago
Raspberry vinaigrette	Herb vinaigrette	Greek
	Balsamic vinegar	Honey mustard
	House dressing	Chipotle ranch

QUINOA BOWLS

Step 1) Brown rice or Quinoa

Step 2) Pick four ingredients

Broccoli, carrots, Chick peas

Corn, Edamame, egg

Green Pepper Kale Blend

Mushroom, Onion, Sprouts, Zucchini

Step 3) Pick Protien

\$3.95 grilled chicken

\$2.50 tuna salad

\$4.50 grilled shrimp

\$5.95 grilled steak

\$2.00 Tofu

Step 4) pick sauce

Sriracha Bourbon

Thai chili

Jerk Sauce

Fire Sauce

Teriyaki Sauce