



Box Lunch Menu

All sandwiches made fresh and served with toasted pita chips.
Add a cookie and side salad for only \$2.50.

Mediterranean Tuna Salad

White meat tuna, capers, red onion and red pepper slivers in vinaigrette. Served on a seeded Italian roll with provolone cheese and romaine lettuce. **\$7.50**

Mediterranean Sandwich

Hummus, avocado, cucumber, and tomato on multi-grain bread. **\$7.50**

Smoked Turkey and Havarti with Dill on Gingerbread

Thinly sliced smoked turkey, havarti with dill, and honey mustard between slices of freshly baked gingerbread. **\$7.50**

Curried Egg Salad

Organic free-range eggs, red onion, raisins, with mild curry organic canola mayonnaise on multi grain or gingerbread. **\$7.50**

Grilled Vegetables

Marinated and grilled zucchini, eggplant, portabella mushrooms, roasted peppers, and onions, and sharp provolone cheese on a ciabatta. **\$7.50**

Grilled Cheese and Apple

Your choice of Vermont aged cheddar, pepper jack, or havarti with dill and granny smith apple slices on multi grain bread. **\$7.50**

Chicken and Escarole

Breaded free range chicken breast, sautéed escarole, and sharp provolone cheese on a ciabatta. **\$7.50**

Curried Carrot Walnut Burgers

Carrots, walnuts, chick peas and spices combine to make a delicious vegan burger. Served with greens on a Kaiser roll. **\$7.50**

Salmon Burgers

Wild caught salmon cakes lightly breaded and served with local greens on a Kaiser roll. **\$7.50**

Minimum order of 10 sandwiches required. Please order 12 hours in advance.



Salad Menu

All salads \$7.50 and include a multi grain roll.

Three Sisters Salad – Vegan

Israeli cous cous, sweet potatoes, kidney beans, corn, in a lime cilantro dressing.

Wild Mushroom Bread Pudding – Served with salad of Fresh Field Greens

Bread pudding with shitake, portabella, and crimini mushrooms.

Roasted Root Vegetable Salad

Roasted beets, sweet potatoes, turnips, and parsnips in citrus vinaigrette. Served on a bed of arugula.

Organic Spinach & Avocado Salad

Organic Baby Spinach, ripe avocado, chevre, and walnuts with citrus vinaigrette.

Curried Lentil Salad

Red lentils, capers, red onion and currants in a homemade curry vinaigrette.

Curried Wheatberry Salad

Winter wheat, almonds, currants, red onion, oranges, and scallions in a mild curry vinaigrette.

Mediterranean Peasant Salad

Cucumbers, tomatoes, kalamata olives, & sheep milk feta. Served with pita wedges.