

SANDWICHES

a choice of

Italian Ciabatta / Multi grain / Wrap / Pita /*GF (*Add 3.25)

VEGGIE

hummus, grilled eggplant, fire roasted red peppers, cucumbers, alfalfa sprouts and tomatoes (optional spicy)

RUSTIC VEGAN

marinated shiitake, grilled zucchini, spiced chickpeas, greens and tomatoes, dressed in herby tahini sauce

MED VEGAN SHAWARMA

hummus, vegan shawarma, mediterranean pickles, chopped romain, topped with tahini sauce (optional spicy)

CLASSIC MEDITERRANEAN

hummus, grilled eggplant, hard boiled egg, mediterranean chopped salad (optional spicy)

FRESH MOZZARELLA

fresh mozzarella, fire roasted red peppers, alfalfa sprouts, greens and tomatoes (balsamic vinaigrette)

FRENCH GOAT CHEESE

sun-dried tomato pesto, grilled zucchini, fig spread, tomatoes and greens

TUNISIAN STYLE TUNA

tuna, hard boiled egg, kalamata olives, tomatoes (may contain pits or pit fragments) (house mayo) (optional spicy)

CRUNCHY TUNA

tuna mixed with mediterranean pickles, corn, chopped carrots, mayo, greens and tomatoes (house mayo)

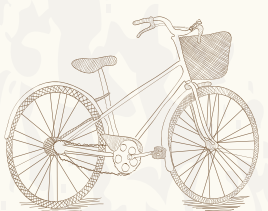
13⁵⁰

MAKE IT A COMBO

choose one

Mini Garden / Quinoa / Baked Sweet Potato Pieces
Hummus Snack / Veg Sticks / Lentil soup / Soup of the day

17⁷⁵



SANDWICHES

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MEDITERRANEAN TURKEY

wood smoked turkey, hummus, mediterranean pickles, greens and tomatoes (optional spicy)

TURKEY AND SWISS

wood smoked turkey, swiss cheese, fresh greens and tomatoes (date mustard)

FILET OF ROAST BEEF

swiss cheese, sautéed onions, fresh greens and tomatoes (toasted) (house mayo)

CHIMI CHICKEN

grilled chicken breast, mild chimichurri (south american herb sauce) greens and tomatoes (house mayo)

CHICKEN AMARILLO

grilled chicken in traditional peruvian hot sauce, with parmesan flakes, greens and tomatoes

PERUVIAN HAM & CHEESE

black forest ham, swiss cheese, salsa criolla (peruvian onion, pepper and lime), greens and tomatoes (date mustard)

Other choices of our homemade signature spreads available upon request:

house mayo, date mustard, garlic mayo, balsamic vinaigrette, amarillo, chimichurri

13⁵⁰

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HOT PRESSED

a choice of

Italian Ciabatta / Multi grain /*GF (*Add 3.25)

TURKEY AND HERBS

wood smoked turkey, swiss cheese with fresh basil pesto

PASTRAMI

pastrami, provolone, sautéed onions,
pickled jalapeños (house mayo)

CHICKEN MELT

mozzarella, sun-dried tomatoes with fresh basil pesto,
a touch of chimichurri (south american herb sauce)

PROSCIUTTO DI PARMA

thinly sliced prosciutto, mozzarella and sun-dried
tomatoes (garlic mayo)

MOZZARELLA

mozzarella, fire roasted red peppers with
fresh basil pesto

SHIITAKE MELT

marinated shiitake mushrooms, fresh mozzarella,
sautéed red onion and artichoke paste

HALLOUMI

with chimichurri (south american herb sauce)
fresh tomatoes and herby za'atar (middle eastern herb mix)

13⁵⁰

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available upon request:

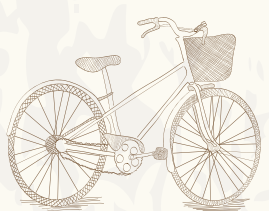
house mayo, date mustard, garlic mayo,
balsamic vinaigrette, amarillo, chimichurri

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SALADS

GOAT CHEESE

fresh mixed greens, tomatoes, fresh pears, dried cranberries, beets, black sesame seeds, roasted almond flakes, side of balsamic vinaigrette (Add: Chicken 3⁰⁰ / Avocado 2⁰⁰ / Crunchy Tuna 2⁵⁰) 13⁷⁵

MEDITERRANEAN

fresh mixed greens, mediterranean chopped salad, hard boiled egg, fire roasted red peppers, eggplant, kalamata olives, roasted almond flakes, chickpeas, side of tahini with a side of pita (may contain pits or pit fragments) (Add: Chicken 3⁰⁰ / Avocado 2⁰⁰ / Tunisian 2⁵⁰) 13⁷⁵

CHICKEN EDAMAME

grilled chicken breast over fresh mixed greens, heart of palm, grated carrots, roasted edamame, tomatoes, side of balsamic vinaigrette (Add: Avocado 2⁰⁰ / Crunchy Tuna 2⁵⁰) 13⁷⁵

GRAND CAESAR

kale, chopped romain, artichoke hearts, parmesan shavings, dressed in our silky caesar dressing topped with onion flakes & herbed pita croutons (Add: Chicken 3⁰⁰ / Avocado 2⁰⁰ / Crunchy Tuna 2⁵⁰) 14⁵⁰

ROOT VEGETABLES AND FETA

kohlrabi, carrots, radish, beets, red onions, feta, a sprinkle of sunflower seeds, kalamata olives, stuffed vine leaves on a bed of greens, side of balsamic vinaigrette (Add: Chicken 3⁰⁰ / Avocado 2⁰⁰ / Crunchy Tuna 2⁵⁰) 13⁷⁵

DRESSED KALE

curly kale, medjool dates, parmesan flakes, spiced chickpeas, sunflower seeds, dressed in chili infused olive oil (Add: Chicken 3⁰⁰ / Avocado 2⁰⁰ / Crunchy Tuna 2⁵⁰) 14⁵⁰

GARDEN GREENS

fresh mixed greens, tomatoes, cucumbers, grated carrots, roasted cashews, side of balsamic vinaigrette (Add: Chicken 3⁰⁰ / Avocado 2⁰⁰ / Crunchy Tuna 2⁵⁰) 13⁵⁰

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SIDES

MINI GARDEN

fresh mixed greens, tomatoes, cucumbers, grated carrots, roasted cashew, side of balsamic vinaigrette (Add: Chicken 3⁰⁰ / Avocado 2⁰⁰ / Crunchy Tuna 2⁵⁰)

QUINOA

fresh mixed greens, red peppers, green peppers, red onions, dried cranberries, raisins and roasted almond flakes (Add: Chicken 3⁰⁰ / Feta 2⁰⁰ / Crunchy Tuna 2⁵⁰)

BAKED SWEET POTATO PIECES

hand cut sweet potatoes with extra virgin olive oil, and side of house mayo

HUMMUS SNACK

hummus with toasted pita bread, brushed in extra virgin olive oil and herby za'atar (middle eastern herb mix)

VEG STICKS

with a choice of hummus (celery, carrot)

5⁹⁹

WHOLE NEW BOWL GAME

quinoa on a bed of dressed kale

Grilled Chicken 3⁰⁰, Crumbled Feta Bits 2⁰⁰, Avocado 2⁰⁰, Crunchy Tuna 2⁵⁰
Sweet Potato Pieces 2⁷⁵, Hard Boiled Egg 1⁵⁰

11⁹⁹

SOUPS

a selection of soups



6⁵⁰

HUMMUS BOWL

with 2 fresh hand made pitas

Pick A Topping: plain / chopped salad and egg / chickpeas / pickles and olives / roasted almond flakes (Grilled Chicken 3⁰⁰) (Optional Spicy)

10⁹⁹

COLD DRINKS

Lemonade	3	San Pellegrino	3.25	Coconut water	3.25
Fifty - Fifty (lemonade infused iced tea)	3	Soda	2.25	Ginger Ale	3.25
Unsweetened Iced Tea	3	Water	1.5		

DIRTY POTATO CHIPS

Dirty Kettle Style Potato chips 2.50

MAKE IT A COMBO

Soup & Side

12⁰⁰

