

CUSTOM TOSSED SALADS

served with a bread roll

Asian Chicken or Tofu Organic mixed greens, certified humane antibiotic free chicken or organic tofu, edamame, carrots, cabbage & wonton strips with miso sesame vinaigrette



Brussels, Kale & Quinoa Massaged kale, shaved Brussels sprouts, tri-color quinoa, carrots, Granny Smith apples, cabbage, dried cranberries, feta & toasted pumpkin seeds with Meyer lemon vinaigrette



Brussels Sprouts Caesar Massaged Kale, avocado, shaved Brussels sprouts, croutons & aged Parmigiano-Reggiano with classic caesar dressing



Cabo Grilled Chicken Crisp romaine, certified humane antibiotic free chicken, avocado, red bell peppers, corn, tortilla chips, cabbage, cilantro & pumpkin seeds with cilantro lime vinaigrette



Chicken Chipotle Organic mixed greens, certified humane antibiotic free chicken, corn, jicama, black beans, tomatoes, avocado, cheddar & tortilla chips with creamy chipotle dressing



Grilled Chicken Caesar Crisp romaine, certified humane antibiotic free chicken, croutons & aged Parmigiano-Reggiano with classic Caesar dressing

GRAIN BOWLS

comes with chicken or organic tofu, served with a bread roll

Riced Cauliflower & Hummus Cauliflower rice, tri-color quinoa, hummus, feta, organic mixed greens, shaved Brussels sprouts, cranberry beet relish & toasted pumpkin seeds with pomegranate vinaigrette



Quinoa Feta Avocado Tri-color quinoa, organic mixed greens, avocado, feta, English cucumbers & red bell peppers with green goddess dressing



Pico Kale Tri-color quinoa, massaged kale, avocado, black beans, red bell peppers, cabbage, pickled red onions & tortilla chips with pico de gallo vinaigrette



SIGNATURE SOUPS

served with a bread roll

Organic Smoky Split Pea A hearty vegetarian split pea soup with chunks of carrots and tomatoes and a hint of smoke from chipotle chiles (V) (LF) (DF) (GF)

Organic Southwestern Corn Chowder A delectable blend of roasted corn, red bell peppers and red potatoes, simmered with ancho chiles (V) (LF) (DF) (S) (GF)

Organic Tomato Bisque A luscious, silky, organic tomato and sweet cream soup (V) (GF)

Mexican Chicken Tortilla A blend of corn tortillas, oven-roasted tomatoes, red bell peppers & jalapenos with grilled chicken (LF) (DF) (S)

New England Clam Chowder A thick, rich and creamy traditional recipe loaded with clams from the north Atlantic and red skinned potatoes (GF)

Chicken Noodle Soup A flavorful, soothing broth full of chicken, carrots, celery and egg noodles, finished with fresh dill and parsley (LF) (DF)

Turkey Chili A thick chili made with ground Turkey, Tomatoes, Red Bell Peppers and Kidney Beans simmered with Ancho Chiles and Garlic (DF) (S) (GF)

HALF SANDWICHES

Turkey Pesto Turkey, Pesto, romaine, tomato, and Mayo on roll

Avocado Cheddar Cheese Avocado, Cheddar cheese, English cucumbers, tomatoes brushed with Meyer Lemon Vinaigrette on roll (V)