

FOR THE KIDS

	Alone	Meal
WHOLE WHEAT TURKEY SPINACH PINWHEEL	\$4.95	\$7.95
☑ WHOLE WHEAT QUESADILLA	\$4.95	\$7.95
☑ TOMATO GRILLED CHEESE on rustic wheat	\$4.95	\$7.95
KIDS CLUB turkey -or- ham, tomato, spinach on rustic wheat	\$4.95	\$7.95
☑ GF DF CHIA SEED PUDDING & FRUIT PLATE apple, mandarin orange, blueberry	\$7.95	



LUNCH



WRAPS (on a whole wheat tortilla) **\$10.25**

SUNDRIED CHICKEN WRAP | diced chicken, parmesan, sundried tomato aioli, spinach

DF MEDITERRANEAN TURKEY WRAP | turkey breast, pickled onion, cucumber, tomato, chickpea, napa cabbage, eggplant olive tapenade

SANDWICHES (on your choice of bread: sourdough, rustic wheat, marbled rye)

OFFSHOOTS CLUB | ham, turkey, cheddar, provolone, spinach, roma tomato, sundried tomato aioli\$10.25

LEMON THYME CHICKEN | grilled chicken breast, parmesan, spinach, roma tomato, lemon basil aioli.....\$10.25

☑ DF BALSAMIC PORTO | sautéed portobello, bell pepper, spinach, eggplant olive tapenade, sundried tomato aioli ...\$10.25

CUBANO | roasted pork loin, ham, pickle, provolone, swiss, yellow mustard, on cuban bread\$11.95

OFFSHOOTS SALADS \$10.95 {add chicken \$5.00 / add hard-boiled egg \$1.50 / add toasted bread \$1.50}

☑ GF DF SUPERFOOD SALAD | mixed greens, carrot, blueberry, golden raisin, cherry tomato, cashew, acai vinaigrette

☑ GF DF CRISP QUINOA | mixed greens, red quinoa, spiced chickpea, cucumber, cherry tomato, pickled red onion, lemon caper vinaigrette

☑ DF CHILLED SOBA NOODLE | napa cabbage, soba noodle, cucumber, carrot, edamame, mint, scallion, black sesame seed, ginger miso vinaigrette

☑ GF SPINACH GOAT CHEESE | spinach, roasted beet, green apple, pickled red onion, walnut, goat cheese, white balsamic vinaigrette

COMBOS / choose 2 of the following: half sandwich, half salad or cup of daily soup.....\$10.95

CHECK OUT THE BIG BOARD

for today's market-fresh selections

QUICHE OF THE DAY (meat/vegetarian).....\$6.95/slice

SAVORY BAKES (hot from the oven).....\$11.95

MARKET SALADS {fresh from our kitchen}\$3.95 {side} | \$10.95 {{entrée, on a bed of greens}}

SOUP OF THE DAY {housemade + seasonal}\$3.95 {8oz. cup} | \$5.95 {12oz. bowl}

FRESH
LOCAL
LOVE