

# Lunch Specials

Available 11am to 3pm Monday-Thursday

## **NEW! Mediterranean Grain Salad \$11**

Artichokes, Kalamata olives, sundried tomatoes, ancient grain mix (brown and red rice, kale, red quinoa, black barley, garlic, and seasoning), feta over salad greens with almonds. Skip the feta and it will be vegan.

Served with Balsamic Vinaigrette.

## **NEW! Beyond Meat Burger \$16**

100% plant-based protein, vegan, gluten-free, and non-GMO. Comes lettuce wrapped with avocado, tomato, onion, and pickles and your choice of side.

Burger bun is available on request.

## **Hot Link Sandwich \$11**

Choice of fries, macaroni salad, coleslaw, or any of our entrée sides.

## **Linguica Sandwich \$11**

With grilled onions and your choice of fries or any of our entrée sides.

## **NEW! Whole30 Burger \$12**

1/3 pound ground beef steak topped with avocado and a fried egg. Served with a fruit cup. If you need a condiment and want to stay Whole30, try our spicy (not sweet) ketchup or mustard. Whole30 is a grain-free, dairy-free, legume-free, added sugar-free diet similar to Paleo.

Not to be combined with any coupon. No Substitutions. Prices include Sales Tax

## Salad and Soup Combos \$11

Smaller versions of our salads served with a bowl of our homemade soup

Add a grilled chicken breast to any of the salads for \$4

### California Cobb Salad

Avocado, diced bacon, bleu cheese, tomato and egg over mixed greens

### NEW! Garden Grain Salad

Avocado, cucumbers, tomato, red onion, kidney & garbanzo beans, ancient grains mix, almonds. Served with Balsamic Vinaigrette.

### Caesar Salad

Romaine lettuce topped with parmesan, croutons, and creamy Caesar dressing

### Tuna Salad

Tuna salad over salad greens with cheddar jack, tomato, cucumbers, red onions, and an egg

## Small Plates \$7.50

Served with your choice of fries, macaroni salad, coleslaw, dinner salad, or cup of soup, or any of our entrée sides.

### Grilled Ham and Cheese

#### Hamburger Deluxe

add cheese \$1.25

### Crispy Chicken Sandwich

Served with American cheese on a bun with lettuce, tomato, onion, and pickles

### Deli Sandwich

Choice of a BLT, tuna salad, turkey, ham, egg salad, corned beef, or roast beef. Sandwiches come with lettuce, tomato, mayo, and choice of sliced bread. Toasted bread available upon request

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